

Foods with an International Flavor



CHELAN CO. EXTENSION SERVICE
COURT HOUSE
WENATCHEE, WASHINGTON 98801

A 4-H Food-Nutrition Project
MEMBERS' MANUAL

Melody Hawk

This food preparation and nutrition unit is based on material prepared by:

Frances Cook, Nutritionist
University of California, Berkeley
in collaboration with:

Evelyn B. Spindler and Fern S. Kelley,
Extension Service,
U.S. Department of Agriculture

Christine Groppe, Dorothy Duncan and
Robert F. Davis,
University of California, Berkeley

It is published by the National 4-H Service Committee, Inc., in behalf of the Cooperative Extension Service of the United States Department of Agriculture and the State Land-Grant Universities.

Grateful appreciation is expressed to the General Foods Corporation for financial assistance in helping to make possible publication of this educational material.

This manual may not be reproduced in total or in part without written permission of the publisher.

CONTENTS

MEXICO

- 4 Queso (Cheese Dip)
- 5 Guacamole (Avocado Dip)
- 5 Champurrado (Mexican Hot Chocolate)
- 5 Carne Molida (Beef Filling for Tacos)
- 6 Tortillas
- 6 Frijoles Refritos (Refried Beans)
- 6 Tamale Loaf
- 8 Share a Custom

GERMANY

- 11 Warne Kopsalat (Wilted Lettuce Salad)
- 12 Sauerbraten (German Pot Roast)
- 12 Kartoffelklösse (Potato Dumplings)
- 12 Apfeltorte (Apple Tart)
- 14 Pfefferneusse (Pepper Nut Cookies)
- 14 Lebkuchen (Christmas Honey Cookies)
- 14 Berliner Kränze (Berlin Wreaths)
- 13 Share a Custom

SCANDINAVIA

- 17 Smorrebrod (Danish Open-Faced Sandwiches)
- 18 Fisk Med Citronsauce (Fish with Lemon Sauce)
- 20 Appelsinfromage (Orange Sponge Pudding)
- 20 Brunede Kartoffler (Brown Potatoes)
- 20 Rodkal (Pickled Red Cabbage)
- 20 Gronnebonner i Selleri Salat (Green Bean and Celery Salad)
- 19 Share a Custom

ITALY

- 23 Minestrone (Thick Vegetable Soup)
- 24 Antipasto (Appetizers)
- 24 Pollo alla Cacciatore (Chicken Hunter-Style)
- 24 Broccoli alla Romana (Broccoli Roman-Style)
- 25 Share a Custom

JAPAN

- 31 Sukiyaki (Beef with Vegetables)
- 31 Gohan (Fluffy Boiled Rice)
- 31 Goma Zu (Pickled Vegetables)
- 31 Ocha (Green Tea)
- 30 Do as the Japanese . . . use chopsticks
- 32 Share a Custom

CHOOSE A COUNTRY

- 33 International Farewell



Foods with an International Flavor

How much do you know about the lands that have given us so many of our favorite foods and customs? On the following pages you'll be taking a

fascinating tour of four countries—

Mexico, Germany, Italy and Japan—and Scandinavia, sampling their foods and

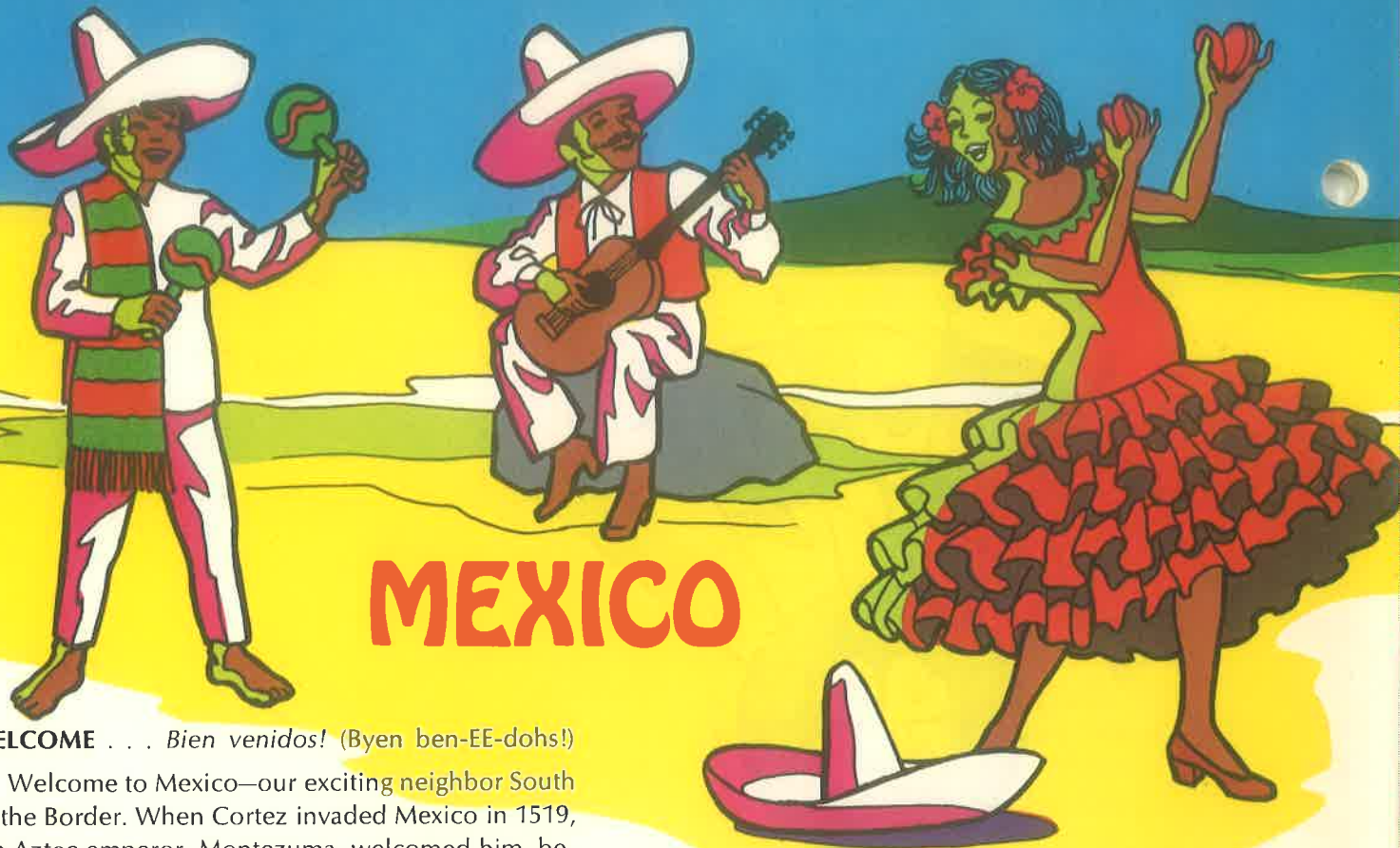
sharing their traditions.

With the help of neighbors, friends and

relatives of different

nationalities, you can bring each of these lands right into your meeting room. Even if people from a specific country are not available, you can learn a great deal from foreign restaurants, books, magazines, newspapers, radio, television, travel folders and films or slides from airlines or your local schools. Authentic music and decorations are often easy to come by, if you ask around. Many supermarkets carry a wide choice of foreign foods. Most embassies, consulates and travel bureaus will send information free or for a small charge.

Plan to have at least two meetings for each country. You'll find them so interesting you may want several more!



MEXICO

WELCOME . . . *Bien venidos!* (Byen ben-EE-dohs!)

Welcome to Mexico—our exciting neighbor South of the Border. When Cortez invaded Mexico in 1519, the Aztec emperor, Montezuma, welcomed him, believing him to be a god. Two years later, the emperor's proud Indian nation had become a Spanish province. From this intermingling of two distinct cultures has emerged a colorful people, vibrant art . . . and a unique cuisine.

The taste for Mexican foods, always strong along the border, is spreading across the United States. On the pages that follow, you have a chance to experience why.

The Land and Its People

Modern Mexico is a dynamic blend of the very old and the new. Before Cortez, Mexico was a land of many Indian nations, some of them primitive, others, like the Aztecs, highly advanced. Today, ancient ruins and rustic Indian villages are as much a part of Mexico as modern skyscrapers and luxury resorts.

The people of Mexico speak Spanish and are mainly of mixed Spanish and Indian descent. About one-fourth are pure Indian. But whatever their ethnic origin, all consider themselves *ciento por ciento* (see-EN-toh por see-EN-toh)—one-hundred-percent—Mexican.

The land offers dazzling contrasts. Much of Mexico is mountainous. Mountain ranges march down both coasts, coming together in a mass of snow-

capped peaks. Between the ranges is a vast plateau, the northern part of which is semi-arid highland and desert. To the south, coastal lowlands are steaming jungle. Most people live in the central plateau, which is a mile or more above sea level and comfortably cool the year around. The capital, Mexico City, is located here.

AGRICULTURE AND FOOD PRODUCTION

Wide differences in altitude, temperature, rainfall and fertility make it possible to grow both temperate-zone and tropical crops in Mexico—wheat, beans, tomatoes, peppers, cacao, coffee, sugar-cane, bananas, citrus fruit, cotton and tobacco. The principal crop is corn.

Yet for many Mexicans, getting a nutritionally adequate diet is a problem. The mountainous terrain hampers transportation and this, along with land that may be too dry or infertile for successful farming, limits the food available, especially in remote areas. City families have a wide choice of fresh, frozen, canned and packaged foods. But in the villages, families may have to depend on food produced locally. One of Mexico's most important on-going efforts has been to make the land more productive—through irrigation, fertilization, use of improved seed, research, land reform and education.



The Mexican Way with Food

Mexican foods are rich in tradition; some date back to antiquity. *Tortillas* (tor-TEE-yahs), for example, which Mexicans use as bread, are prepared much the same as they were by the ancient Indians.

During the reign of Montezuma, the Aztecs gave Europe its first turkey, corn, sweet potatoes, tomatoes, chocolate and vanilla. Cortez, intrigued by these new foods, brought them back to Spain. Their popularity spread across Europe and finally throughout the world.

The Spaniards in turn brought to Mexico some of their favorite foods, such as rice, olives and wine. From this mixed Indian-Spanish heritage has developed innumerable tasty dishes, distinctively Mexican.

Many people believe that all Mexican foods are hot and spicy. The fact is that foods and meals in Mexico may vary as much as they do in our country. Typically Mexican dishes range from local native specialties to sophisticated gourmet dishes, internationally renowned.

FAVORITE FOODS

Corn, dried beans and chile peppers are traditional and basic in the Mexican diet. Corn is ground into *masa* (MAH-sah) for tortillas, which are then used in a variety of ways: as *tostadas* (toh-STAH-dahs)—toasted crisps, as *tacos*, (TAH-cohs)—fried sandwiches, or as *enchiladas* (en-chee-LAH-dahs)—tortillas baked in a sauce. *Tamales* (tah-MAH-lays), another Mexican specialty, feature corn in a different way. In this dish, the husks are soaked and drained,

spread with masa and filling, then tied, steamed and served with a sauce.

Beans or *frijoles* (free-HOLE-ays) may be served at one or more meals a day, including breakfast. Because the traditional soaking, cooking, mashing and frying of beans takes time, the modern Mexican homemaker may buy canned beans, which she mashes and fries to suit her family's taste.

Chiles (CHI-lays) are varieties of peppers, ranging from mild to extremely hot. Chili powder is made from chile peppers which are dried and ground, then mixed with other seasonings. Chili powder can be substituted for fresh chiles in most Mexican recipes. However, Mexican cooks prefer fresh chile peppers for their flavor.

MEXICAN MEALS

Many factors influence a Mexican family's meals. In rural areas, where people do a great deal of physical labor, more of the hearty traditional dishes are served. Urban families with more sedentary lives eat less starchy foods and take a greater advantage of canned, frozen and packaged products. Low-income families eat foods high in carbohydrates and fat.

Increasingly, American-style breakfasts are replacing the traditional tortillas and beans. Many families combine old and new eating customs—for example, rolls and eggs for breakfast, tortillas and beans for a later meal. Except for fiestas and holidays, meals tend to be simple for most families.

The Daily Four

MEXICAN STYLE



Everyone, everywhere needs the same nutrients to live, grow and stay healthy. But people in countries other than the United States may obtain these nutrients from very different foods. Consider the Mexicans:

1 MILK GROUP

Mexicans obtain calcium from cheese and from the limewater in which corn is soaked before being ground for tortillas. Milk is not as common a beverage in Mexico as it is in our country. Milk is used mainly in coffee or chocolate or desserts like the delicious caramel-topped Mexican custard called *flan* (flahn). Some milk may be given to children.

2 MEAT GROUP

Since meat is relatively expensive, Mexican homemakers have learned to make a little go a long way by combining it with other ingredients. The protein quality of a traditional meal of tortillas and beans is considerably improved when small amounts of meat or cheese are added.

Many varieties of fish available along the coast as well as cheese help fill the need for protein.

3 VEGETABLE-FRUIT GROUP

Tomatoes, chiles and greens provide important sources of vitamin C. A large fresh chile may provide as much of this vitamin as an orange. (However, vitamin C is lost when the chile is dried.) Many tropical fruits, rich in vitamins A and C, are also available. Vegetables such as corn, potatoes, green beans, peas, zucchini, squash, spinach, sweet potatoes and carrots, used in main-dish soups and stews, are additional important sources of these vitamins, especially vitamin A.

4 BREAD-CEREAL GROUP

Although tortillas may be served at every meal, breads and rolls are also favored, especially for certain festivals and holidays. The popularity of dried beans and other legumes in the Mexican diet makes these foods significant sources of the B vitamins and other nutrients.

OTHER FOODS

Most Mexicans have a fondness for sweets. Chocolate-flavored desserts and candy as well as sweet carbonated beverages are favorites. Lard is used in cooking and frying.

Let's Cook a Mexican Meal

A Toast to GOOD FORTUNE . . . *Buen Provecho* (Bwen Pro-VEH-choh)

Try these treats from Mexico as a welcome change from your usual party refreshments. Tostadas are a Mexican food that has gained great favor in the United States—under the name of “corn chips.” Buy the chips and serve them with a variety of dips and Mexican hot chocolate.

Tostadas

(Toasted Tortillas or Corn Chips)

Guacamole (Wah-cah-MOH-lay) **Queso** (KEH-so)

Avocado Dip

Cheese Dip

Champurrado (Shahm-poo-RAH-doh)

Mexican Hot Chocolate

QUESO

Cheese Dip (Makes about 1 cup)

1 package (3 ounces) cream cheese

3 tablespoons milk

1 cup (1/4 pound) shredded sharp cheddar cheese

1/2 teaspoon chili powder

1 small onion, finely minced*

Pinch of garlic salt*

*May be omitted.

Allow cream cheese to soften at room temperature. Mix together all ingredients to blend. Serve as a dip for corn chips or raw vegetables.

GUACAMOLE

Avocado Dip (Makes about 1 cup)

- 1 ripe avocado
- 1½ teaspoons finely grated onion
- 1½ tablespoons lime or lemon juice
- ¼ teaspoon salt
- ½ teaspoon chili powder or 1½ teaspoons minced green peeled chile

1. Peel and pit avocado and mash coarsely with a fork or blender. Blend in onion, lemon or lime juice and salt.
2. If using green chile, remove veins and seeds before mincing. Add the chile or chili powder to taste.
3. Cover and refrigerate until serving time to prevent discoloration. If desired, garnish with tomato wedges and parsley, pomegranate seeds or peanuts.

How to choose a ripe avocado: Avocados are ripe when they have softened and no longer feel firm. To test thick-skinned varieties, prick the stem end with a toothpick. If the toothpick glides in easily, the avocado is ripe enough to eat. Let avocados ripen at room temperature. Ripe avocados may be refrigerated for a day or two.

CHAMPURRADO

Mexican Hot Chocolate (Makes 4 servings)

- | | |
|---|---|
| 2 ounces (2 squares)
unsweetened chocolate | } or use chocolate syrup
(follow recipe
shown on container) |
| ¼ cup sugar | |
| Pinch of salt | |
| 1 teaspoon ground cinnamon or
1-inch piece of stick cinnamon | |
| 1 quart milk | |

1. Combine all ingredients in heavy saucepan and heat slowly until chocolate melts. Stir occasionally to prevent sticking or scorching.
2. Remove from heat. Remove cinnamon stick. Beat until well blended and foamy. Serve immediately.

NOTE: If available, one cake of Mexican chocolate may be substituted for all of the ingredients except milk.

TACO PARTY . . . Fiesta de Tacos

(Fee-ES-tah day TAH-cohs)

Have a taco party! Buy or make the tortillas, add a choice of fillings and garnishes and serve with sauce. If frozen or canned tortillas are available, the tacos will be more authentic than if made from the recipe in this manual.

TACOS

Carne Molida

(CAR-nay Moh-LEE-dah)

Ground Beef Filling

Frijoles Refritos

(Free-HOLE-ays Ray-FREE-tohs)

Refried Beans

Lechuga (Lay-CHOO-ga)

Lettuce

Queso (KEH-so)

Cheese

Salsa (SAHL-sah)

Chili Sauce

Do as the Mexicans: Shred the lettuce and cheese and sprinkle them over your taco as garnishes. Then liberally drench with sauce! Refried beans may be used as a taco filling or a vegetable dish.

CARNE MOLIDA

Ground Beef Filling (Makes 3 cups)

- 1 pound ground beef
- 1 medium-sized onion, chopped, or
1 tablespoon instant minced onion
- 8-ounce can tomato sauce
- 1 teaspoon chili powder, more if desired
- ½ teaspoon salt

1. Place ground beef and onion in a skillet. Break meat apart and cook until meat browns and onion is soft.
2. Add sauce and seasonings. Simmer slowly about 10 minutes.



TORTILLAS

(Makes 12 tortillas)

$\frac{3}{4}$ cup yellow corn meal

$1\frac{1}{4}$ cups sifted
all-purpose flour

1 teaspoon salt

2 tablespoons shortening

1 cup boiling water

1. Combine corn meal, flour and salt.
2. Stir in shortening and boiling water, mixing well.
3. Shape to form 12 balls.
4. Roll out or press each ball between 2 sheets of waxed paper or pat out by hand to form a 5-inch circle.
5. Bake on a hot, greased griddle until lightly browned on underside. Turn and bake on other side.

To Make Tacos: Fry tortillas in $\frac{1}{2}$ -inch hot oil until soft. Fold in half with tongs or fork. Then, continue to fry until tortilla is crisp, turning occasionally. Drain on paper towels. Fill with ground beef or other filling and shredded lettuce. Grated cheese adds flavor.

To Soften Tortillas: If tortillas (either homemade or purchased) seem hard and dry, dampen with a few drops of water and heat for 30 seconds or less in a hot, ungreased, heavy skillet.

FRIJOLES REFritos

Refried Beans (Makes 6 or more servings)

1 pound dried pinto or pink beans

5 cups water

1 or 2 medium onions, diced

1 clove garlic, minced or $\frac{1}{4}$ teaspoon garlic salt*

2 teaspoons salt

$\frac{1}{2}$ cup lard, bacon drippings or other fat

*May be omitted

1. Boil beans in water for 2 minutes. Cover pan and remove from heat for 1 hour.
2. Add onion, garlic and salt to beans.
3. Return to heat. Bring to boil and simmer slowly until beans are very tender (2 to 3 hours).
4. Mash beans.
5. Place fat in a large heavy skillet over medium heat and add beans. Mix well. Continue to cook, stirring frequently until thick and fat has been absorbed.
6. If desired, stir in cubed mild cheddar cheese and cook until cheese begins to melt. (About 1 cup.)

To Save Time: Mash canned Mexican or red kidney beans and fry to suit your taste. Or use canned refried beans, heated with a little fat or oil.

A GOOD DINNER... Buena Comida

(BWAY-nah Coh-MEE-dah)

Tamale Loaf is an easy-to-prepare tamale variation with all the flavor of more traditional recipes. For a salad Mexican-style, shred lettuce, top with tomato wedges and sprinkle with French dressing. If you'd like dessert, serve canned or fresh pineapple, or various flavored gelatins cut in cubes and mixed together in a pretty dish. Add Mexican music, decorations or dress . . . and you're South of the Border. Ole!

Tamale Loaf

Tostadas

Ensalada de Lechuga y Tomate

(En-sah-LAH-dah day

Lay-CHOO-gah ee Toh-MAH-tay)

Frijoles Refritos

TAMALE LOAF

(Makes 6 servings)

2 tablespoons oil

1 large onion, chopped

1 clove garlic, minced

1 small green pepper,
chopped

1 cup chopped celery

1 pound ground beef

2 teaspoons salt

1 tablespoon chili powder

1 No. 2 $\frac{1}{2}$ can (3 $\frac{1}{2}$ cups)
tomatoes

1 cup yellow corn meal

1 cup milk

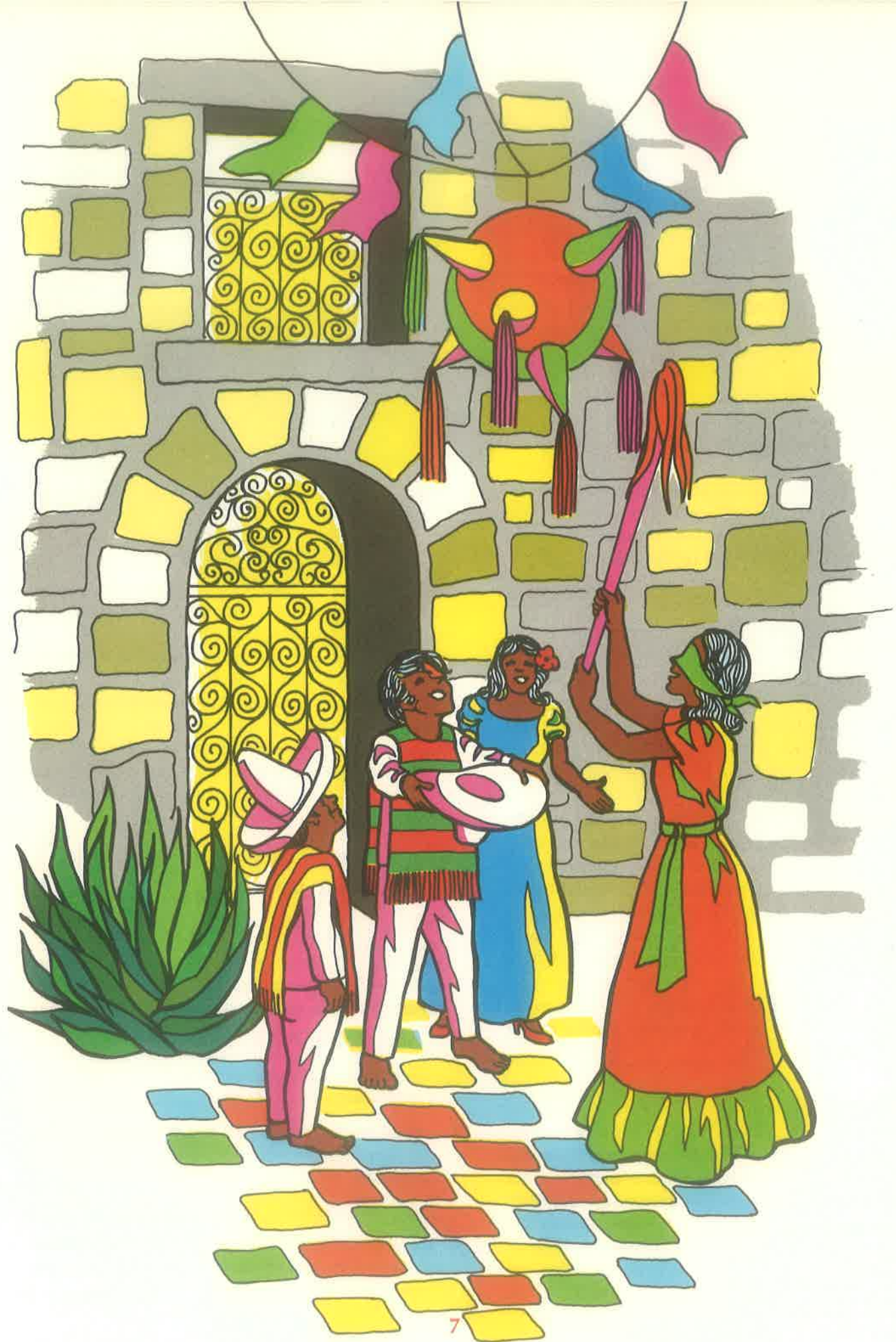
1 No. 2 can cream-style corn (2 cups)

$\frac{1}{2}$ cup grated American cheese

Pitted ripe olives*

*May be omitted

1. Preheat oven to 325F (moderate).
2. Cook onion, garlic, green pepper and celery in oil for about 5 minutes.
3. Add ground meat and cook until lightly browned, stirring often. Add salt, chili powder and tomatoes and cook 15 minutes.
4. Mix corn meal with milk and stir into mixture. Cook 15 minutes longer, stirring constantly. Add cream-style corn.
5. Pour into greased pan, top with grated cheese and decorate with olives. Bake in preheated oven one hour.



Holiday in Mexico

Mexicans are noted for the many holidays—mostly religious—which they celebrate. Almost every day is fiesta-time somewhere in Mexico, with special foods, music and dancing.

Perhaps the most unusual nationally celebrated holiday is *El Día de Los Muertos* (El DEE-ah day Lohs MWARE-tohs), the Day of the Dead, November 2. Much like our Halloween, this is a gay time of ghouls, skulls and grinning skeletons. The celebration combines two church feasts, All Saints and All Souls Days (November 1 and 2), with the ancient Indian Day of the Dead. The Indians of long ago believed that the dead returned once a year to be fed. From this has evolved a unique Mexican celebration of religious ritual, parties and special foods to “welcome back” ghostly relatives. Children enjoy sugar skulls, cross-bones and other bizarre sweets. Everyone eats *Pan de Muertos* (Pahn day MWARE-tohs), a decorated and delicious sweet “bread of the dead.”

Share a Custom...

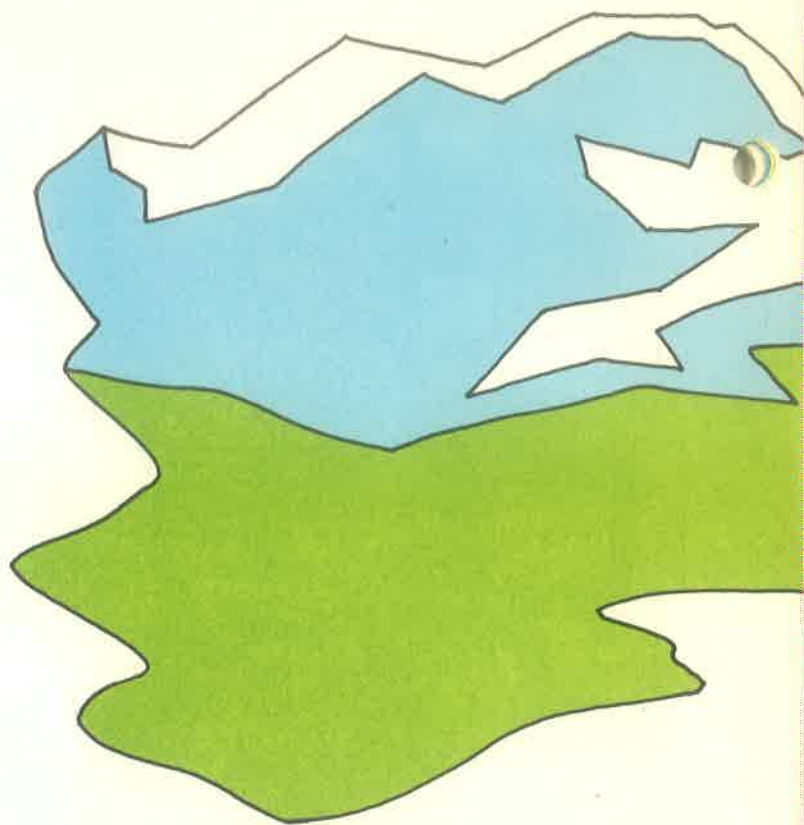
Here's a game your whole club can enjoy . . . *Rompienda la Piñata* (Rohm-PYEN-dah Lah Peen-YAH-tah) *Rompienda* or breaking the *piñata* is one of the most festive parts of a Mexican child's Christmas or birthday celebration. You'll find that piñatas are fun anytime!

The piñata is a large paper bag, clay pot or other container filled with candy, nuts, trinkets and small toys and then colorfully decorated to represent stars, birds, fish, animals, ships, boys, girls or other shapes.

Traditionally, the piñata is suspended over a tree limb but may be hung from the ceiling. Each player is blindfolded, whirled around several times and given a stick. He is allowed just one whack each time it's his turn, trying to break the piñata. When the piñata is finally broken, everyone scrambles for the *dulces* (DOOL-say-s) or sweets.

HOW TO MAKE A PIÑATA

Blow up a balloon, or stuff a paper bag to the desired shape and cover with strips of papier-mache. When dry, cut a hole in one end to remove any stuffing and to fill with treats. Tape over the opening and decorate with row upon row of fringed crepe or tissue paper.



MORE THINGS TO DO

- Plan a trip to Mexico. What would you want to see most?
- Learn some Spanish phrases that might be useful at mealtime or on a Mexican vacation.
- Learn the Mexican Hat Dance.
- Learn a Mexican song, such as *La Cucaracha* or *Cielito Lindo*.
- List all the words you can give that have entered our language from Mexico, such as *lariat*, *patio* and *fiesta*.
- Dress dolls in typical Mexican costumes.
- Learn to identify the flag of Mexico and find out what it symbolizes.



GERMANY

Hearty folk, hearty fare! German food has a wonderfully staying quality well suited to an energetic people in an invigorating land. Just reading a menu of German foods with its sweets and sour, thick soups, zestful sausages, dark breads and delicate cakes is enough to start your mouth watering. This, along with the stick-to-your-ribs, easy-on-the-budget goodness of a German meal, helps explain the popularity of German foods in our country.

The Land and Its People

Germany is blessed with a picturesque landscape ranging from towering Alps to the south, through dense forests, highlands and rolling hills to broad, sandy northern plains. The climate is brisk and rather damp—overall stimulating. The influence of climate can be seen in the people who as a whole are energetic and hard-working. Germans are also thrifty. This is quite evident in the kitchen where not a scrap of usable food is wasted. Even the snout and ears of the pig end up, deliciously, in stew!

AGRICULTURE AND FOOD PRODUCTION

German agriculture is highly diversified and includes the production of grains, vegetables and fruits, as well as dairy and forest products. Because Germany is densely populated, all available agricultural land is put into production. Farmers practice scientific farm-

ing, fertilizing and rotating crops. Large potash deposits provide a cheap source of fertilizer. Much of the agriculture is mechanized, but if help is needed in the fields, women and children pitch in.

Germany's principal crops are rye, barley, wheat and oats. Most of the rye is used for dark breads, while the barley is made into beer, the German's everyday drink.

Fruits are full-flavored and include apples, berries, cherries, grapes, peaches, pears and plums. Grapes grown along the Rhine in the south are made into famous German wines. Commonly grown vegetables are potatoes, cabbage, celeriac and kohlrabi, along with beans, beets, brussel sprouts, carrots, cauliflower, cucumbers, kale, lettuce, onions, parsnips, peas, salsify, spinach and turnips.

The Daily Four



GERMAN STYLE

1 MILK GROUP

Cheese appears many times on the German table—as part of the main course, as snacks and dessert. Some milk is used as a beverage. Because German gravies and sauces are often made with milk as well as sweet and sour cream, these foods are other noteworthy sources of calcium.

2 MEAT GROUP

Germans eat generous amounts of meat—fresh and cured pork, veal, some beef, poultry, fish, rabbit and other game. They especially favor sausage, which forms the basis of many meals. A typical German market offers at least two dozen kinds of liver sausage plus several dozen combinations of beef and pork, each blended or flavored or cured in a distinctive way.

Dried peas and beans, used in hearty soups and main dishes, provide an additional source of protein.

3 VEGETABLE-FRUIT GROUP

Many vegetables are produced, but the ones that appear most frequently on family tables are those that store well through the winter. Potatoes are so popular that they may be served three times in a meal—in the soup, as a vegetable dish and salad! Potatoes fried, mashed, baked or boiled often take the place of bread. Potato dumplings and pancakes are German specialties.

Cabbage is usually considered the second most popular vegetable. Large amounts are eaten as sauerkraut, a dish that Germans have made world famous.

Potatoes and cabbage are generally eaten in such quantities that they provide significant amounts of vitamin C. Other vegetables and fruits, along with milk, cream, butter, cheese, eggs and liver help meet the need for vitamin A.

4 BREAD-CEREAL GROUP

Germans are justly famous for their dark breads and baked desserts and consume large amounts of both. While white flour is used for fancy breads, pastries and cakes, everyday bread is whole-grain.

The German Way with Food

Many of Germany's most delectable dishes developed as practical answers to economic necessities. In the days when women and children commonly worked in the fields, foods were needed that could cook long and slowly with little or no watching. Many such foods were cooked in heavy utensils with plenty of liquid to keep them from boiling dry. Not wishing to waste any food thus prepared, the thrifty *hausfrau* (hows-frow) or housewife thickened the liquid in the pot and served it as a gravy.

Other German dishes developed from the need to preserve food. From early days Germans have made preserves, fruit butters and vinegars; salted vegetables as for sauerkraut; cured and smoked meats; made sausages, cheese and butter; smoked and pickled fish, and pickled meats and game—for example, *sauerbraten* (SOWER-brah-ten) or pickled beef and *hasenpfeffer* (HAH-sen-feffer), marinated rabbit stew.

Germany gave us the delicatessen with its tantalizing, aromatic assortment of cold meats and other foods. Sausages, liverwurst, potato salad and even pickles originated in the German *delikatessen*. Two of our favorite foods—hamburgers and frankfurters—are named for their German cities of origin.

GERMAN MEALS

Germans love a hearty, substantial meal, and never mind the waistline! The meal traditionally is relaxed and unhurried so that every tasty morsel can give full pleasure. Foods are served family style and passed around the table.

A simple, early breakfast of coffee, bread or toast and marmalade starts the day. A second breakfast is served between 10:00 and 10:30 in many homes. Depending on the family pocketbook, this meal might be sandwiches or a variety of sausages and cheese.

The main meal, *Abendessen* (AH-bent-essen), is usually served midday. This may consist of an all-in-one dish or stew or hearty meat-and-vegetable soup. Pork or sausage and sauerkraut, rutabaga or kale are often cooked together. Other favorite combinations are mutton with green beans, and beef with carrots or kohlrabi. Desserts make "the end more sweet."

Supper is served around 7:30. This might include open-faced sandwiches, cold cuts, sausages, salads, cheese, beer and wine. A hot dish of eggs, potatoes or mushrooms may precede the cold foods in more well-to-do homes. Fruit, often with cheese, is a favorite supper dessert.

Let's Cook a German Meal

A GERMAN DINNER . . . *Abendessen* (AH-bent-essen)

As satisfying as this meal is to us, a typical German *hausfrau* would add several more items. Some foreign dishes take longer to prepare than American foods. *Sauerbraten* is a good example. Decide who will marinate and partially cook the meat before your meeting.

Sauerbraten (SOWER-brah-ten)

German Pot Roast

Kartoffelklösse (Kar-TOFF-el-KLAY-seh) **Saft** (Sahft)

Potato Dumplings

Gravy

Warme Kopsalat (VAHR-mah KOHPF-sah-laht)

Wilted Lettuce Salad

Apfeltorte (AHP-fel-tor-teh)

Apple Tart

DO AS THE GERMANS . . .

Forks and knives are handled quite differently in Germany (and other parts of Europe) than is the American custom. To eat *Abendessen* German-style, hold the fork and knife as you would to cut a piece of meat. Use the knife to cut or to push food onto the back of the tines of the fork. Raise the fork to your mouth without changing its position in your hand. The knife stays in your other hand, even when you have no use for it. This is often called the continental use of silver.

In setting the table, place fork to the left, knife to the right and spoon crosswise, above the plate.



WARME KOPSALAT

Wilted Lettuce Salad (Makes 6 servings)

6 cups lettuce in bite-size pieces

4 slices bacon

4 green onions, thinly sliced

$\frac{1}{4}$ cup vinegar

1 tablespoon sugar

$\frac{1}{2}$ teaspoon salt

Pinch of pepper

2 sliced hard-cooked eggs*

*May be omitted.

1. Place lettuce in serving bowl.
2. Fry bacon over low heat until crisp. Drain on paper towels. Crumble bacon.
3. Add onion to hot bacon drippings and fry until golden.
4. Remove pan from heat and add vinegar, sugar, salt and pepper.
5. When ready to serve, bring dressing to a boil. Pour over lettuce and toss lightly to coat all leaves.
6. Garnish with crumbled bacon and sliced eggs. Serve immediately.

For variety, use a combination of greens—or substitute spinach, Swiss chard or Chinese cabbage for the lettuce.

SAUERBRATEN

German Pot Roast (Makes 10 to 12 servings)

4 pounds boneless beef pot roast (chuck will be least expensive; may also use round, rump or sirloin tip)

2 cups wine or cider vinegar

2 cups water

2 onions, peeled and sliced

3 bay leaves

1/2 teaspoon black pepper

6 whole cloves

2 tablespoons sugar

1/4 cup fat

1. Place meat in a large, deep bowl.
2. Place all other ingredients, except fat, in a saucepan and bring to a boil. Pour over meat.
3. Cover and refrigerate 48 hours or more, turning meat several times to season evenly.
4. Remove meat, reserving marinade. Dry meat well with paper towels.
5. Heat fat in a heavy saucepan or Dutch oven over medium heat. Brown meat well on all sides.
6. Strain marinade and add 1 cup to meat. Reserve remaining marinade.
7. Cover and cook meat over low heat until fork-tender (about 1 1/2 hours). Add more marinade, if necessary, to keep 1/2-inch liquid in the pan.
8. Remove meat to a warm platter, slicing it first, if desired.

To Make Gravy (Saft): Thicken liquid in pot with a thin flour and water paste. Allow 1 1/2 tablespoons flour for each cup of liquid. Add more marinade or water for the desired flavor and consistency. Cook to thicken and blend flavors. Check seasonings. Strain, if necessary. Pour part of the gravy over meat and pass the rest.

KARTOFFELKLÖSSE

Potato Dumplings (Makes 6 servings)

6 medium potatoes 3/4 cup fresh bread crumbs

3 eggs 2 teaspoons salt

3/4 cup enriched flour 1/2 teaspoon nutmeg

1. Peel potatoes and boil until tender. Drain and mash or force through sieve or food mill. Spread on paper towels to remove excess moisture.
2. Beat eggs to blend in a medium-sized bowl.
3. Add potatoes and other ingredients to eggs and mix until blended.
4. Shape into balls about the size of large walnuts. Add more bread crumbs if mixture is too soft to handle.
5. Drop balls into boiling salted water. After they rise to the surface, cook about 3 minutes.
6. Remove with a slotted spoon.

APFELTORTE

Apple Tart (Makes 6 servings)

1 egg

2 large apples

1/3 cup sugar

1 egg

1/4 cup milk

1/4 cup sugar

2 cups enriched flour

2 tablespoons

1 teaspoon baking powder

evaporated milk

1/2 teaspoon salt

2 tablespoons sugar

1. Butter a 9- or 10-inch round baking pan.
2. Preheat oven to 400F (hot).
3. Place egg, sugar and milk in a medium-sized mixing bowl and beat until blended.
4. Sift together flour, baking powder and salt. Gradually stir into egg mixture to form a soft dough that can be handled.
5. Place dough in prepared baking pan and pat dough to cover the bottom and sides.
6. Peel and slice apples. Arrange them in overlapping slices over dough.
7. Beat together egg, 1/4 cup sugar and evaporated milk in a small bowl. Drizzle mixture over apples. Set bowl aside.
8. Bake in preheated oven about 20 minutes or until tart is brown and apples tender.
9. Remove tart from pan and place on cooling rack or serving plate.
10. Brush edges of tart with egg-sugar mixture remaining in bowl. Sprinkle the 2 tablespoons sugar over hot tart. Serve while warm.

For variety, substitute other quick-cooking fresh fruit or canned or dried fruit for apples.

MERRY CHRISTMAS ... Froehliche Weihnachten (FROH-lick Vhy-NOK-ten)

In Germany, November is none too soon to start baking cookies for Christmas. Several, like *Lebkuchen* and *Pfefferneusse*, improve with age. Baking and selling German cookies could be a way for your club to raise money for a special project. Or share the cookies as gifts for your families, your friends and shut-ins. There will still be enough for your club to sample, along with a mug of hot cider.

Pfefferneusse (FEH-fer-noo-seh)

Pepper Nut Cookies

Lebkuchen

(LEB-koohk-hen)

Christmas Honey Cookies

Berliner Kränze

(Ber-Lee-ner Krahnz)

Berlin Wreaths

Apfelmost (Ahp-fel-mohst)

Hot Apple Cider



Holiday in Germany

In few places is Christmas celebrated as extensively as in Germany. Preparations begin in November with the baking of cookies. The whole family helps, considering it a privilege to shell nuts, chop fruits and mix or bake the dough. Then as dusk falls, on the first Sunday of Advent, a candle of the Advent Wreath is lit. Everyone gathers round, singing carols. For each of the remaining three Sundays until Christmas another candle will be lit with a family celebration.

On December 6, St. Nicholas puts in his appearance with treats such as cookies, candies, apples and nuts for good girls and boys.

Shortly before Christmas, the tree is trimmed with baubles, icicles and real candles. Christmas Eve is a family time when carols are sung, gifts are exchanged

and people look forward to roasted goose the following day. The day after Christmas is also celebrated with open houses and visits to friends.

The Christmas season does not end, however, until January 6, the Day of the Three Kings. Then the beloved Christmas tree finally comes down, and the Germans prepare for other celebrations.

Share a Custom...

An Advent Wreath for your own family would be easy to make. Wire together branches of evergreens to form a wreath. Trim with red ribbons and insert four red candles, equally spaced apart. Use the wreath as a centerpiece or suspend it from the ceiling. Light one candle on each of the four Sundays before Christmas.

PFEFFERNEUSSE

Pepper Nut Cookies (Makes about 20 dozen)

1 cup sugar	1 tablespoon baking powder
1 cup dark corn syrup	1/4 teaspoon black pepper
1/2 cup strained honey	1/8 teaspoon cloves
1 cup butter, margarine or other fat	1 teaspoon nutmeg
	1 teaspoon cinnamon
2 eggs	1/2 teaspoon anise seed*
5 cups enriched flour	Fruit juice
1/4 teaspoon baking soda	* May be omitted.

1. Heat first four ingredients in a saucepan over low heat to dissolve sugar and melt fat.
2. Cool. Add one unbeaten egg at a time and mix to blend.
3. Sift together dry ingredients. Gradually add to other ingredients. Mix well. Cover or wrap dough and refrigerate overnight.
4. Form into small rolls about 3/4 inch in diameter. Wrap and chill dough again.
5. Preheat oven to 375F (moderate).
6. Remove one roll of dough at a time from refrigerator. With a sharp knife, cut roll into slices (1/8- to 1/4-inch thick).
7. Place on greased baking sheets. Put a drop of fruit juice in the center of each cookie.
8. Bake in preheated oven 10 to 12 minutes.

LEBKUCHEN

Christmas Honey Cookies (Makes about 3 dozen)

3/4 cup strained honey	1/2 cup finely chopped candied citron*
1/2 cup granulated sugar	
1/4 cup firmly packed brown sugar	1/2 cup finely chopped candied lemon peel*
2 eggs	3/4 cup chopped walnuts, pecans or blanched almonds
2 1/2 cups enriched flour	
1 1/4 teaspoons cinnamon	3 cups sifted confectioners sugar
1/4 teaspoon cloves	
1/8 teaspoon allspice	1 tablespoon grated lemon rind
*May be omitted.	3 tablespoons milk

1. Preheat oven to 350F (moderate).
2. Bring honey to boil in large, heavy saucepan. Cool.
3. Blend in sugars. Then add unbeaten eggs, one at a time, and beat well.
4. Sift together flour and spices. Gradually add to egg mixture, beating well after each addition.
5. Stir in candied fruits and nuts.
6. Spread dough into well-greased jelly roll pan (about 10 by 15 inches).
7. Bake in preheated oven 20 to 25 minutes. Place on rack to cool.

8. Blend confectioners sugar, lemon rind and milk. Spread on cooled baked dough. Cut in bars, small squares or diagonally into diamonds.

BERLINER KRÄNZE

Berlin Wreaths (Makes about 6 dozen 2-inch cookies)

1 1/2 cups soft butter or margarine	4 cups enriched flour
	2 tablespoons sugar
1 cup sugar	Red candied cherries*
1 tablespoon grated orange rind	Candied citron*
2 eggs (reserve one egg white for meringue)	*May be omitted.

1. Place butter or margarine in medium-sized mixing bowl. Gradually add sugar and mix well.
2. Add orange rind and one unbeaten egg. Stir until blended. Add yolk of second egg. Stir until thoroughly blended.
3. Gradually stir in flour.
4. Cover or wrap dough and refrigerate several hours or overnight.
5. Preheat oven to 400F (hot).
6. Break off small pieces of dough. Roll to pencil size (about 1/4 inch in diameter and six inches long). Form each into a circle and bring one end over and through in a single knot. Leave 1/2-inch end on each side of knot. (If dough crumbles, splits apart or gets sticky, chill hands in cold water.) Place wreaths of dough on ungreased baking sheets.
7. Beat egg white until stiff. Gradually beat in the 2 tablespoons sugar. Brush tops of wreaths with this meringue.
8. Press small pieces of candied cherries on the center of each knot as holly berries. Add small jagged leaves cut from the citron.
9. Bake in preheated oven about 10 to 12 minutes or until set, but not browned.

MORE THINGS TO DO

- Learn *O Tannenbaum*, one of Germany's favorite Christmas carols. Find out the origin of the Christmas tree. How many of our Christmas customs came from Germany?
- Learn a typical German folk dance (*schottische* or polka). Perhaps a German family in your area can teach you. Or put on some Strauss records and dance the waltz. The waltz originated in Germany and Austria in the late 1700's and is still a great favorite today.
- Learn a German roundelay, such as *Schnitzelbank*. A pictograph of the song for group singing would be fun to make and add to your knowledge of German words.

SCANDINAVIA

From the earliest times, the people of Scandinavia have been linked to the sea. Water lies all about, and this has affected the history, customs and foods of all the Scandinavian lands.

Denmark was once one of the greatest seafaring nations of the world. Along with Sweden and Norway, its Scandinavian neighbors, it was also the home of the Vikings, those ancient sea-warriors who invaded Ireland, England and Germany, colonized Russia and parts of France and were probably the first white men to set foot on North America.

According to legend, the Vikings gave us the smorgasbord. These intrepid voyagers would bring home with them a variety of foods, but often not enough of each item for serving a group. The *smorgasbord* (meaning open sandwich table in Swedish) offered a way that everyone could have a taste. Each Scandinavian country has its own version of the smorgasbord—and we have borrowed from all of them.

The Land and Its People

Denmark, Norway and Sweden are commonly referred to as Scandinavia and their people are closely related by blood, culture, history and language. During the 15th century the countries were united, in fact, under a Danish monarch. Finland is sometimes also considered a part of Scandinavia. Its land is a continuation of the Scandinavian peninsula and its people share many customs with the Swedes who ruled Finland for some 650 years.

Norway and Sweden are lands of the midnight sun. Northern parts of both countries extend well



above the arctic circle. In summer, in the more northerly parts, the sun may not set for more than two months. And winter is a time of almost perpetual night. Winters are very cold and summers cool—but temperatures are warmer than you might expect. This is because warm currents in the North Atlantic and southwesterly winds have a moderating effect on the climate.

All of Scandinavia is rich in natural beauty. Norway and Sweden are fairytale lands of thick forests, snow-capped mountains and majestic *fjords* (fyoh-rs). Denmark, the smallest and most southerly of the Scandinavian lands, offers a gentler landscape of flat land laced with waterways. Each of the lands has a long and jagged coastline. Except for the border it shares with Germany, Denmark is surrounded by water and includes over 400 islands.

Due to extensive social reform, the people of Scandinavia tend to be middle class—neither poor nor very wealthy—and citizens of all ages have economic and health security. Throughout Scandinavia the people have unusual vigor and keen minds. They are well-educated and have contributed a large share to the world's arts, science and pursuit of peace.

AGRICULTURE AND FOOD PRODUCTION

In all of Scandinavia only Denmark and the southern and central parts of Sweden are well suited to agriculture. Even here the land is not especially fertile, but the people have used their resources well. The Danes, recognizing that hay and fodder crops would grow best, made dairying their national industry. Today the Danes produce and consume large amounts of butter, milk, cream, buttermilk, clabbered (curdled) milk and cheese. Butter and cheese are major exports. They also produce, process and export pork. Their cured hams are lean, juicy, flavorful—and world famous.

Sweden excels in grain farming. Through the use of scientific methods its yields of wheat, rye and oats per acre are among the highest in the world. Potatoes are also an important crop.

Fishing is a leading industry in Norway and Denmark. The Norwegians especially, able to cultivate only three percent of their land, turned their attention to the sea and now catch and process more fish than any other European country. Fleets of both countries bring in more than 50 kinds of fish with herring, cod and plaice (similar to sole) most prevalent. Large amounts of fish are smoked, salted, pickled and dried for home use and export.

The Scandinavian Way

Best known of all Scandinavian food customs is the smorgasbord—usually a buffet of beautifully arranged appetizers, but sometimes a whole meal in itself. A typical smorgasbord will include a fascinating assortment of fish (especially herring), cold sliced meats, eggs, cheeses and vegetables, one or two hot dishes such as meatballs and brown beans and a choice of dark breads.

To eat from a smorgasbord in true Scandinavian fashion keep in mind that you will be going back to the table several times. Start with fish. Help yourself to the herring, anchovies, shellfish and other fish dishes. Then with clean plate in hand, sample the cold meats and salads. Back to the table, take another clean dish and try the hot foods. Finally, if you still have room, top it all off with cheese or a sweet.

Scandinavian cooks take great pride in arranging and serving food attractively. They are masters at garnishing dishes, using just the right touch of lettuce, parsley, carrot, tomato, cucumber or lemon for appetite and eye appeal. Even if the meal includes separately cooked meats and vegetables, the meat slices will often be arranged in the center of the platter with the vegetables around them.

Scandinavian homemakers are also noted for their coffee cakes, which are light and flaky, unrivaled for excellence. Scandinavians drink more coffee than any other people in the world, and a butter-rich, fruit-filled "Danish" or a Swedish coffeecake makes a perfect accompaniment!

For desserts, however, Scandinavians prefer fruits and puddings. Cold fruit soups (which are also served hot as a first course) and sauces made from berries are especially popular.

SCANDINAVIAN MEALS

Traditionally, breakfasts throughout Scandinavia are quite hearty—oatmeal, eggs, fish or meat and sometimes potatoes, along with bread, cheese, jelly or marmalade and coffee, with milk or cocoa for the children. Some Scandinavians, however, start their day with a continental breakfast of coffee and bread.

Norwegians eat a breakfast hearty enough to carry them through until 3:00 or 4:00 p.m. when they have an early dinner. Because offices generally close at 3:00 p.m., the lunch hour is most often a 20-minute coffee and sandwich break.

Swedes prefer their main meal at noon. This usually consists of meat, potatoes, creamed vege-

tables, salad, fruit or pudding, dark bread and butter, milk or coffee. The evening meal is lighter. Soup made with milk is a favorite Swedish supper dish.

The Danes' eating pattern is variable. Open-faced sandwiches are popular for lunch, but in small towns and rural areas, many families prefer their main meal at noon. The evening meal is served about 6:30.

Cook a Scandinavian Meal

A Danish Treat: OPEN-FACED SANDWICHES

Smorrebrod (Smuhr-eh-BRUHRTH)

Open-faced sandwiches are distinctively Danish and delicious. So why dally? As the Danish would say "*Lad os ha' en bid mad* (Lad us ha en bid mahd)." Or, in English, "Let's have a bite to eat!"

SMORREBROD CHOICES:

Fisk (Fisk) Fish

Kod (Kuhrth)
Meat

Salat (Sah-LAHT)
Salad

Ost (Ohst) Cheese

DO AS THE SCANDINAVIANS . . .

In true North European manner, eat these sandwiches with knife and fork, not your fingers! Start with a fish sandwich, then sample those made with meat and salad, finishing with cheese.

SMORREBROD

Open-Faced Sandwiches

Use dark whole-grain rye bread sliced very thin. Spread half slices of bread with butter—the Danes use sweet (unsalted) butter—and cover completely with topping. Open sandwiches are best if freshly made. At serving time, garnish with lettuce, parsley, cress or other greens. A variety of sandwiches may be served on the same plate if colors or flavors go together.



TOPPING SUGGESTIONS

Tuna Salad, topped with a tomato slice and garnished with a slice of hard-cooked egg and parsley.

Tiny Shrimp, close together in neat rows or piled in a pyramid, topped with lemon-seasoned salad dressing and garnished with parsley.

Smoked Salmon, herring or eel topped with scrambled eggs and garnished with chopped dill or chives.

Sliced Cooked Lobster or crab topped with a ribbon of tarragon- or dill-seasoned salad dressing.

Roast Beef, sliced thin, topped with horseradish-flavored sour cream and garnished with minced green onions.

Ham Slices, topped with strips of scrambled eggs and garnished with minced chives or green onion.

Smoked or Boiled Tongue, sliced thin, topped with white asparagus spears and garnished with salad dressing and sliced stuffed olives.

Salami Slices, topped with onion rings.

Liver Paste, topped with drained pickle slices or pickled red cabbage (recipe given).

Hard-cooked Egg Slices, topped with smoked salmon or sardines and garnished with a tomato slice and twist of marinated cucumber.

Tomato Slices, topped with salad dressing and garnished with minced green onions.

Cheese Slices, garnished with thin radish slices and salad greens.

TO WISH YOU WELL . . . *Velbekomme* (Vel-be-KAH-meh)

This delicious Danish meal features a combination of flavors that may be new to you. To get a deep brown coating on the potatoes, most Danish cooks caramelize the granulated sugar. This is tricky and time-consuming, but it might be fun to learn how!

Fisk med Citronsauce

(Fisk med SEE-trohn-sauce)

Poached Fish with Lemon Sauce

Brunede Kartofler

(BROO-neh-deh Kar-TOF-ler)

Brown Potatoes

Rodkal

(Ruhrth-kohl)

Pickled Red Cabbage

or

Gronnebonner i Selleri Salat

(GROO-neh-boo-neh ee Seh-ler-EE Sah-LAHT)

Green Bean and Celery Salad

Appelsinfromage

(Ah-pel-SEEN-froh-MAA-je)

Orange Sponge Pudding

The Daily Four



SCANDINAVIAN STYLE

1 MILK GROUP

Since milk is plentiful, it is used extensively as a beverage and in soups, main dishes, sauces and desserts. Cream is used generously. Different forms of clabbered milk are popular for breakfast as well as other meals. Buttermilk soup is often served, especially to children and older people. Danish cheeses are favorites not only in Denmark but around the world.

2 MEAT GROUP

Fish—fresh, smoked, pickled, salted or dried—forms a main part of the Scandinavian diet and is served in intriguing ways. Herring especially is favored and is served baked, in puddings, in souffles, in wine, dill or mustard sauces and in a variety of other dishes.

Fresh and cured pork appear often on the menu, along with beef, poultry and eggs. Meatballs are popular throughout Scandinavia.

3 VEGETABLE-FRUIT GROUP

Root vegetables, especially potatoes and beets, and foods of the cabbage family (cabbage, brussels sprouts, kale and cauliflower) grow well and are served often. Most families have cabbage and potatoes every day. These two vegetables, along with a wide variety of Scandinavian-grown berries, provide vitamin C.

With the exception of carrots and a limited number of greens, few fruits and vegetables that we consider important sources of vitamin A are produced. However, the wide use of butter, cream and cheese often provides enough vitamin A to meet nutritional needs. In the cities, imported fruits are found in the markets.

4 BREAD-CEREAL GROUP

Whole-grain cereals are used in breakfast porridge, soups, main dishes and puddings. Many types of whole-grain breads, especially those made with rye, are served often and provide B vitamins. White flour is used in fancy yeast breads and rolls, cookies, pastries and other desserts.

FISK MED CITRONSAUCE

Poached Fish with Lemon Sauce (Makes 6 servings)

<i>1 medium onion, sliced</i>	<i>1 tablespoon salt</i>
<i>2 bay leaves</i>	<i>6 fresh or frozen fish steaks or fillets</i>
<i>3 tablespoons dill seeds</i>	<i>Salt</i>
<i>1/4 teaspoon black pepper</i>	<i>Danish Lemon Sauce</i>
<i>1 1/2 quarts hot water</i>	<i>Minced parsley</i>
<i>3 tablespoons white vinegar</i>	

1. Tie the onion, bay leaves and dill seeds loosely in a cheese or other thin cloth, or place in a metal tea bag.

2. Place water, vinegar, salt, pepper and bag of seasonings in a deep skillet. Simmer for 10 to 15 minutes to extract flavors. Remove 1 1/4 cups liquid to use in Lemon Sauce. (If sauce is cooked ahead of time, refrigerate remaining fish stock until time to poach the fish.)

3. Place fish on a large square of cheesecloth or heavy aluminum foil. (This helps prevent fish from breaking and makes it easier to remove after poaching.) Lower fish into boiling mixture.

4. Reduce heat, cover and cook only until fish is flaky, about 10 minutes.

5. Remove fish from water and carefully transfer to heated serving dish.

6. Sprinkle with salt to taste. Serve with Lemon Sauce. Garnish with parsley.

CITRONSAUCE

Lemon Sauce (Makes 2 cups)

<i>1/4 cup butter or margarine</i>	<i>1/4 cup lemon juice</i>
<i>1/4 cup flour</i>	<i>1 teaspoon salt</i>
<i>1 1/4 cups fish stock</i>	<i>1/4 teaspoon white pepper, if desired</i>
<i>1/2 cup evaporated milk or cream</i>	

1. Melt butter or margarine over low heat. Blend in flour.

2. Stir and cook until bubbly. Remove from heat. Gradually add stock and milk.

3. Stir constantly and cook until thick.

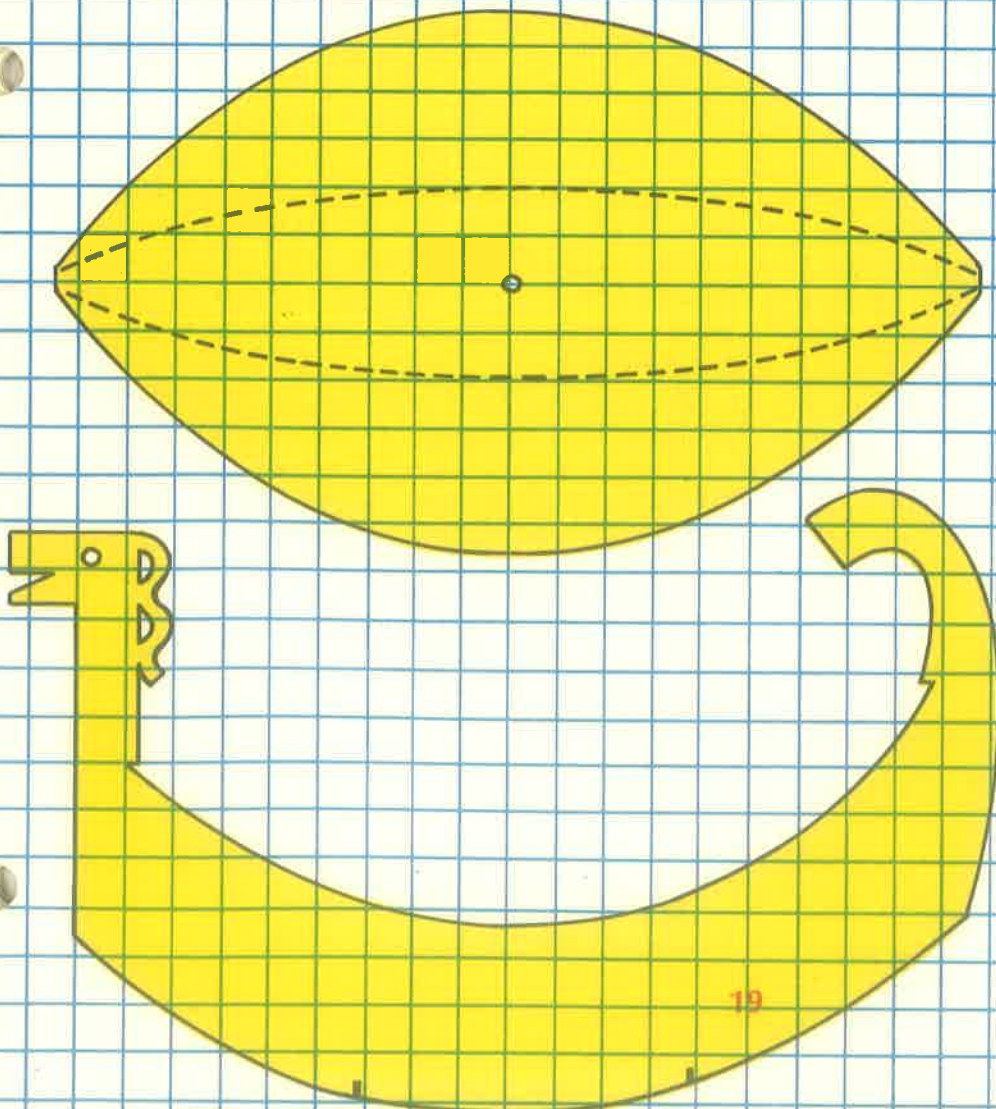
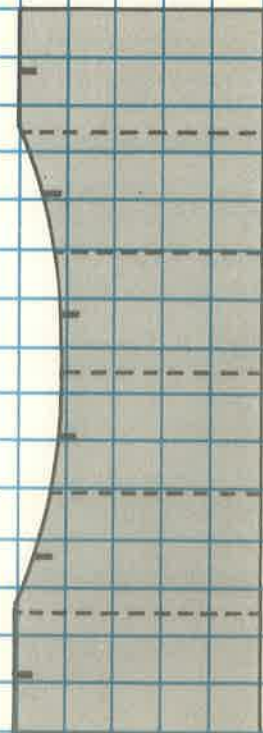
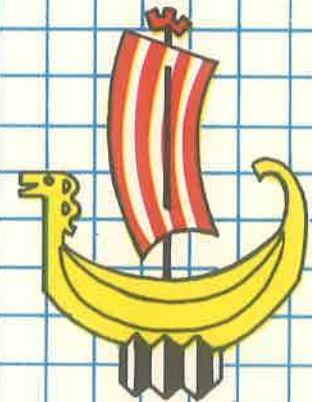
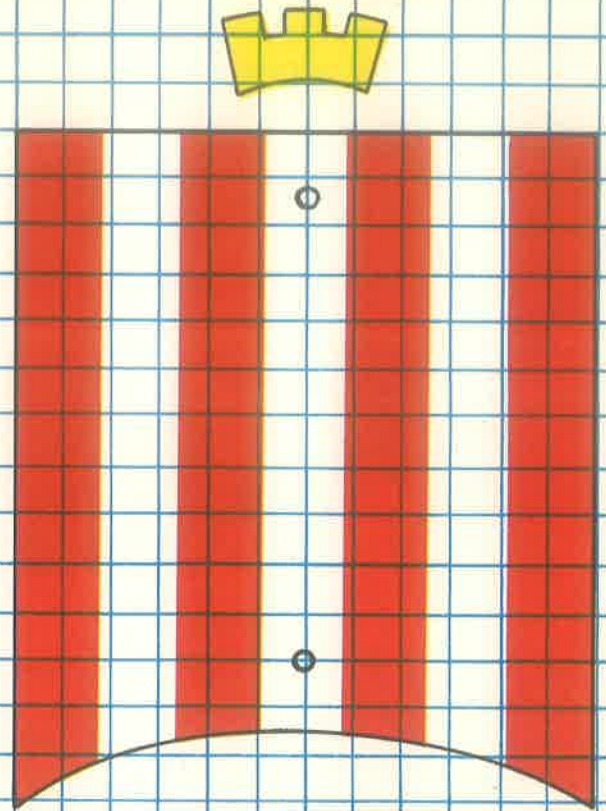
4. Blend in other ingredients. Serve over fish.

To simplify preparation, make sauce ahead of time, cover and refrigerate. Reheat over low temperature, stirring until smooth. Add more fish stock if sauce is too thick.

Share a Custom...

Scandinavians are proud of their Viking heritage and often feature a Viking ship as a table decoration. Here is one you can make and use as a centerpiece for a Scandinavian meal.

1. Make the mast out of $\frac{1}{4}$ inch dowel rod about 17 inches long. Notch the mast at both ends.
2. Rule wrapping paper into 1 inch squares. Enlarge this graph design (which is drawn $\frac{1}{4}$ inch to the inch) onto the ruled paper. Cut patterns out of paper.
3. Outline the patterns on thin cardboard, such as a suit box, and cut out the pieces.
4. Score the oval deck cover on the dotted lines.
5. Paint or color the pieces on both sides. The sail should be striped in the colors of a Scandinavian flag.
6. Fold down deck on scored lines. Fit over ship form.
7. Insert mast through holes in the sail keeping the straight edge at the top. Insert bottom end of mast through hole in deck and attach notched end to ship form. Place finial in notch at the top of the mast.
8. Fold standard into accordion pleats. Fit ship's form into the standard grooves.



BRUNEDE KARTOFLER

Brown Potatoes (Serves 6)

6 medium potatoes

$\frac{1}{4}$ cup ($\frac{1}{2}$ stick) butter or margarine

2 tablespoons brown sugar

1. Choose potatoes uniform in size and shape. Scrub well. Cook in salted water in a covered saucepan until tender.

2. Drain, peel and cut into 1-inch cubes. Rinse in cold water and drain well. If desired, cover and refrigerate for several hours.

3. Place butter and sugar in a large heavy skillet over low heat.

4. Add potato cubes to butter-sugar mixture. Turn until all sides are coated and pieces are heated through. Serve at once.

RODKAL

Pickled Red Cabbage (Serves 6)

3 tablespoons butter or margarine

6 cups thinly shredded red cabbage (about $1\frac{1}{2}$ pounds)

$\frac{1}{3}$ cup vinegar

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ cup water

2 to 3 tablespoons sugar

1. Melt butter in a large skillet over low heat. Add shredded cabbage and cook until cabbage is wilted.

2. Add vinegar, water and salt. Cover and simmer about 15 minutes. Cabbage should be bright red and slightly crisp. Add sugar.

3. If desired, store cooked cabbage covered in the refrigerator for several hours. If it is to be served hot, cook cabbage only until quite crisp.

4. Serve hot with meat or fish, cold on open sandwiches.

For sharper color and flavor, use $\frac{3}{4}$ cup cranberry juice, 2 tablespoons vinegar and $\frac{1}{4}$ cup sugar in place of vinegar, water and sugar.

GRONNEBONNER I SELLERI SALAT

Green Bean and Celery Salad (Serves 6)

2 packages frozen French-cut green beans, or
2 pounds fresh green beans, cut lengthwise

$\frac{1}{2}$ to $\frac{2}{3}$ cup tart vinegar-oil dressing

1 cup thinly sliced celery

1. Cook frozen or fresh green beans in boiling salted water until barely tender. Drain well.

2. Place beans in bowl or other suitable container. Add enough dressing to coat beans.

3. Cover and refrigerate. Stir several times during chilling.

4. At serving time, drain beans, reserving dressing. Add celery to beans.

5. Place bean-celery mixture in serving dish or on lettuce or other greens on individual salad plates.

For variety, top salad with dressing made of $\frac{1}{4}$ cup crumbled blue cheese, blended with 1 cup sour cream.

APPELSINFROMAGE

Orange Sponge Pudding (Serves 6)

2 tablespoons soft
butter or margarine

$\frac{1}{3}$ cup frozen concentrated
orange juice, partly thawed

$\frac{3}{4}$ cup sugar

2 tablespoons flour

$\frac{1}{8}$ teaspoon salt

$\frac{3}{4}$ cup milk

3 egg yolks

3 egg whites

Whipped cream or topping (may be omitted)

1. Grease 6 custard cups or a $1\frac{1}{2}$ quart baking dish. Preheat oven to 375F (moderate).

2. In a medium-sized bowl, combine butter or margarine, sugar and salt.

3. Add unbeaten egg yolks and mix to blend well.

4. Blend in orange juice. Add flour, milk and mix well.

5. Beat egg whites until stiff but not dry. Fold into orange mixture until blended.

6. Pour into greased custard cups or baking dish. Place in a pan of hot water. Bake in preheated oven until sponge cake top of pudding is done (about 25 minutes for cups, 40 minutes for dish).

7. Serve warm or chilled. Add topping, if desired.

For variety, use concentrated lemonade or limeade.

Holiday in Scandinavia

One of the Danes' gayest holidays is *Fastelavn* (FAH-steh-loun) or Shrovetide Tuesday, the day before Ash Wednesday. The celebration always includes the eating of Shrovetide buns. In parts of Denmark, children get up very early and awaken their parents by beating on the bedcovers with paper-flower-covered branches and shouting, "Give buns! Give buns!" The sleepy adults always manage to bring forth the traditional buns and other sweets from under the covers. Older children put on costumes and masks and go about the neighborhood, rattling collection boxes and singing for buns. Throughout Scandinavia, Shrovetide buns are eaten on Tuesdays during Lent.

MORE THINGS TO DO

- Learn to say five phrases in Danish, Swedish or Norwegian, such as thank you, you're welcome, God bless you, how are you, hello and good-bye.
- Learn about Hans Christian Andersen and at least two of his most famous fairy tales.
- Learn the Swedish art of making straw ornaments.
- Draw a map showing the journeys of Leif Ericson, Eric the Red and other Vikings.

ITALY



Italians who came to America in the early 1900's brought with them a way with tomato sauce and pasta that has had a great impact on American food preferences. A few of the dishes they introduced—notably spaghetti and pizza—have become standard American fare. Yet tomato-rich foods such as these do not really typify Italy, as most Americans believe. They only represent the cooking in those southern and central provinces from which many "first-generation" Italian-Americans originated.

Italian foods have infinite variety. Every region has its own dishes, determined in part by climate and terrain. To eat any of them is, as the Italians would say, to "live."

The Land and Its People

The familiar boot of Italy with Sicily at its toe and the island of Sardinia to the west is mainly rugged mountains and hills. Across the north, towering Alps separate Italy from the rest of Europe. Another range, the Apennines, runs down the length of the land like an oversized spine. The remaining land may be very fertile as in the Po Valley in the north and the volcanic soil around Mt. Vesuvius or parched and barren as in the south.

Except for industrial areas of the north, most of Italy, although difficult to farm, is agricultural. This means that life is a struggle for many Italians. Yet they remain a gregarious, warm-hearted, animated people, full of the joy of living. From such exuberance and love of life has sprung some of the greatest art and operatic music the world has known—and some of the finest food.

AGRICULTURE AND FOOD PRODUCTION

Soil, topography and climate vary markedly from region to region in Italy, and so do the foods. In the north, hardy crops such as wheat, corn, oats, sugar beets and vegetables are grown along the Po. More rice is grown here than anywhere else in Europe. Italy's chief cattle raising and dairying areas are also found in regions surrounding the Po. Not surprisingly, Italians here prefer butter to olive oil, and use rice and cornmeal abundantly, often in preference to pasta.

To the south, Italians grow and use crops that represent our idea of typical Italy: olives, grapes, tomatoes, hot red peppers and the hard semolina wheat from which pasta is made. Throughout central Italy, olives, grapes, peaches, grain and beans are grown on mountain slopes. Citrus fruits, notably lemons and oranges, are grown in the south, especially in Sicily, where the climate is very hot, much like North Africa.

All over Italy, cheese, wines and pasta are basic foods, produced for home use and export. Italian cheeses are excellent. Several—Mozzarella, Provolone, Gorgonzola, Parmesan and others—are popular in our country, too.

Fresh fish and shellfish are plentiful along the extensive Italian coastline. Baby octopus and other seafoods that might seem strange to us are considered delicacies.

In rural areas, families produce much of the food for their own use. They make their own wines and cheese. In many homes, bottles of wines are hung from smoke-blackened kitchen rafters, along with braids of garlic and onion, bunches of dried herbs and strings of dried mushrooms. Many rural families make their own bread, too, mixing the dough at home and baking it in the village oven.

The Italian Way with Food

What has come to be known as Italian cooking dates back to ancient Roman times, an era of extravagant banquets and unusual food creativity. During the Renaissance, French royalty sent chefs to Italy to learn how to cook. Today Italy is often called the mother of continental cuisine.

Pasta has been a favorite Italian dish for centuries. Some historians believe that the Italian explorer, Marco Polo, brought back pasta from China in the 13th century. Others say that pasta was being served in Caesar's time.

Tomatoes were introduced into southern Italy by the Spaniards with seeds from Mexico. The Italians, always creative, added their own herbs and seasonings to the old Aztec sauces.

Italians today, as in ancient times, love fine food and cook with a certain gusto. Their salads, although similar to the French, are livelier. Grated Parmesan, their everyday cheese, adds a pungency and tang

to many dishes. And seasonings, especially basil, oregano and thyme, are added with a generous hand.

ITALIAN MEALS

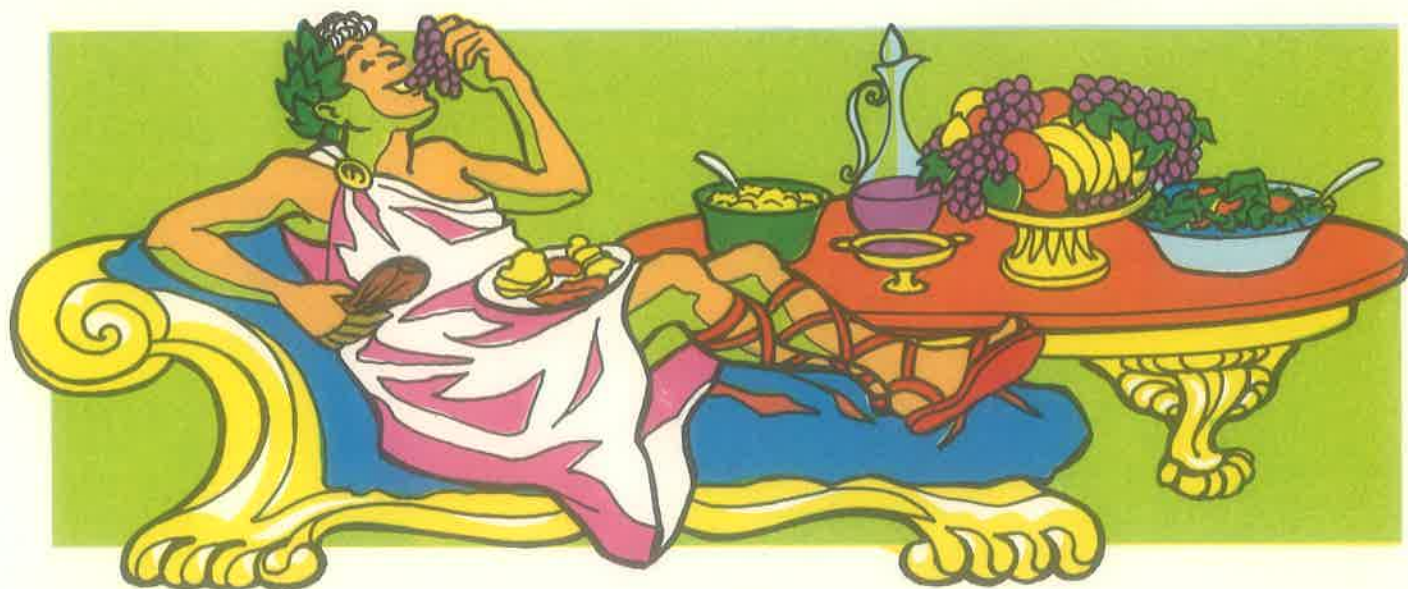
"Good food praises God," say the Italians. Even in the humblest homes, meals are prepared, served and eaten joyously. A typical breakfast consists of coffee with hot milk (or for children, milk flavored with coffee) and bread. If possible, cheese and fresh fruit are included.

The midday meal can be quite substantial—often a hearty soup, or a pasta, vegetable, meat, fish, egg or legume main dish with a tossed salad. Cheese and fresh fruit may be served for dessert.

The evening meal could be a supper, similar to lunch, or a dinner, as elaborate as the family budget will allow. A full-course Italian dinner, served on holidays and special occasions, starts with an appetizing before-dinner relish plate called *antipasto* (ahn-tee-PAH-sto) and continues through course after course of soup, pasta or rice, salad, meat or fish, vegetables, cheese and fruit or a sweet dessert.

Italian meals characteristically consist of several more courses than ours, with each dish served separately. In much of Italy, main-course meats, poultry and fish are not as plentiful as here. Italians have found that less meat can serve more people if the appetite is appeased with appetizers, soup, salad and other foods first.

Since water is sometimes scarce and in places impure, Italians usually drink wine with their noon and evening meals. They are regular but temperate wine drinkers. At the end of a meal, they like a strong black coffee called *espresso* (es-PREH-so).



Let's Cook an Italian Meal

A "GOOD DAY" GREETING . . . *Buon Giorno*
(Bwohn-JOHR-noh)

Minestrone is such a basic part of Italian life that each region, town and cook has a special way with this soup. Minestrone means literally, food on the table, and a good minestrone is a meal in itself. This minestrone will be very thick. All you'll need with it is a sprinkling of cheese and bread.

Minestrone

(Mee-neh-STROH-nay)

Thick Vegetable Soup

Pane Bianco

(PAH-neh BEE-AHN-ko)

Crusty Italian Bread

Parmigiano

(par-mee-JAH-no)

Parmesan Cheese

MINISTRONE

Thick Vegetable Soup (Makes 8 or more servings)

2 tablespoons oil or bacon fat	2 quarts meat broth (may use bouillon cubes)
1/4 pound ham or salami, chopped	1 large potato, diced
1 large onion, chopped	1 tablespoon dried basil
1 medium carrot, chopped	1 small clove garlic, minced, or 1/4 teaspoon garlic powder
1 stalk celery, chopped	Salt, as needed
1 large tomato, chopped, or 1 cup canned tomatoes, slightly mashed	1/4 small head cabbage, shredded and chopped
1 can, undrained, red kidney beans or garbanzos (chick peas)	1 to 2 cups cut green beans
	1/2 cup elbow macaroni
	Grated Parmesan cheese

1. Heat fat in skillet and fry ham and onion until onion is soft but not brown. Transfer contents of skillet to a large saucepan or kettle.

2. Add carrots, celery, tomato, kidney beans or garbanzos and meat broth. Simmer covered for 30 minutes or more.

3. Skim off some of the fat if desired. Add potato, basil, garlic and salt. Simmer uncovered for 15 minutes.

4. Add cabbage, green beans and macaroni. Simmer until soup has thickened and all ingredients are cooked.

5. Sprinkle generously with grated Parmesan cheese.

Note: If fresh or frozen green beans are used, add with the potato. A ham bone, beef bone, or a few slices of Italian sausage adds fine flavor. Two small zucchini, diced, may be added. Peas or other green vegetables may be substituted for the green beans.

The Daily Four



ITALIAN STYLE

1 MILK GROUP

Except in dairying parts of the north, goats are more common than cows in Italy. Goat's milk may be served as a beverage to children; adults use it for coffee. A large amount of goat milk, as well as cow milk, is made into cheese which may be included in every meal.

2 MEAT GROUP

Higher-income families may have meat, poultry or fish every day as a separate dish. For those with less income, meat may appear only on Sunday or holiday menus. It is usually stretched with pasta or rice or by serving smaller amounts in sauce. Cheese is also of value as a protein food.

Meat preferences depend on the region and seasonal prices. Young goat meat (kid) is popular in certain areas. Veal is also a favorite, as are smoked meats, ranging from peppery sausages to delicately flavored Italian ham, *prosciutto* (proh-SHOO-toh).

3 VEGETABLE-FRUIT GROUP

Green salads are very important to the Italians and are served at almost every noon and evening meal. Greens used include romaine, chicory, escarole, endive, fennel, spinach, dandelion leaves and Swiss chard. Several of these are also cooked and served as a vegetable. Other popular vegetables are tomatoes, broccoli, green peppers, onions, mushrooms, zucchini, beans, peas and eggplant.

Fresh fruit is served often with cheese, as the finishing touch to a meal. Italian fruits include oranges, tangerines, peaches, pears, apricots, bananas, figs, melons, grapes and pomegranates.

4 BREAD-CEREAL GROUP

To most Italians, pasta makes the meal. Italians use dozens of different shapes—from stove pipes, shells, bows, wide noodles, curly noodles and thin strands to the tiny tubes and other shapes used in soup.

Other favorite cereal dishes served in certain regions include *polenta* (po-LEN-tah), a cornmeal main dish served with meat or sauce; *gnocchi* (NYAW-kee), dumplings made from semolina flour and potatoes, and *risotto* (ree-SOT-toh), rice.

Bread is an important part of Italian meals—not the soft bread we favor, but white crusty loaves, as well as bread sticks and pizzas.

AN ITALIAN DINNER . . . *Pranzo (PRAHN-zoh)*

Dinners in famous Italian restaurants and in affluent homes include more courses and foods than many Americans can comfortably eat. Even with this adapted version you may need to loosen your belt!

Cook the spaghetti until barely tender. Then thoroughly drain and toss with enough oil to keep the strands from sticking together. Add grated cheese for extra flavor. If you prefer, substitute other greens for the romaine. To prepare your salad the Italian way, toss it with just enough oil to coat each piece. Then sprinkle with lemon juice or vinegar and seasonings. Toss again lightly until blended.

Antipasto

Pollo alla Cacciatore

(POH-loh ah-lah Kah-chee-ah-TOH-ray)
Chicken Hunter-Style

Spaghetti con Formaggio ed Olio

(Spaghetti cohn For-MAH-gee-oh eh OH-lyo)
Spaghetti with Cheese and Oil

Broccoli alla Romana

(Broccoli ah-lah Roh-MAH-nah)
Roman-Style Broccoli

Insalata de Lattuga Romana

(Een-sah-LAH-ta dee Lah-TOO-gah Roh-MAH-nah)
Romaine Salad

Frutta della Stagione

(FROO-tah del-lah Sta-JOE-nay)
Fruit in Season

Formaggio

(For-MAH-gee-oh)
Cheese

DO AS THE ITALIANS . . .

The Italians never break spaghetti before cooking or cut the cooked strands before eating, as Americans usually do. In cooking, ends sticking out of the water are pushed into the pot as the lower portions soften. Always cook *al dente* (ahl DEN-tay)—slightly resistant “to the teeth.” To eat, the long strands are wound around and around the fork—in some places with the help of a spoon, in others with the tine tips against the bottom of the dish.

ANTIPASTO

Antipasto is a tray or platter of appetizers, attractively arranged. Choose some of the following items:

Green olives
Black olives
Garbanzos
Celery hearts
Radishes
Green pepper rings
Artichoke hearts
Pickled mushrooms
Thin slices of salami,
prosciutto or other ham
Thin slices of cheese



POLLO ALLA CACCIATORE

Chicken Hunter-Style (Makes 4 servings)

1/2 cup oil	1 teaspoon salt
1 fryer (2 1/2 to 3 pounds), cut up	1/4 teaspoon pepper
1 medium onion, thinly sliced	1/2 teaspoon oregano*
1 clove garlic, minced	1/4 teaspoon basil*
1 small green pepper, chopped*	1/4 cup chianti or dry white wine*
2 cups (No. 303 can) tomatoes	1 tablespoon dried parsley flakes
1 cup (8-ounce can) tomato sauce	

*May be omitted.

1. Using a large, heavy skillet and medium heat, brown chicken on all sides in hot oil.

2. Add onion, garlic and green pepper and cook about 5 minutes. Spoon over chicken.

3. Add remaining ingredients with the exception of the wine and parsley. Cover and cook over low heat until chicken is fork-tender and tomatoes are reduced to a thick sauce (20 to 30 minutes).

4. Add wine and parsley and cook another 5 minutes.

5. Serve with sauce spooned over chicken.

BROCCOLI ALLA ROMANA

Roman-Style Broccoli (Makes 4 servings)

1 package (10-ounce) frozen broccoli spears
3 tablespoons butter or margarine
3 tablespoons lemon juice
1/2 teaspoon salt

1. Cook the broccoli in a small amount of water until tender (8 to 10 minutes).

2. Heat butter or margarine and lemon juice in small saucepan.

3. Place drained broccoli in heated serving dish. Sprinkle with salt and lemon butter.

Share a Custom...

Italians love the out-of-doors. In the country, simple wooden tables are often set outside for eating *al fresco* (ahl FRES-coh)—in the open air. Why not enjoy your minestrone *al fresco*, followed by a spirited game of *bocce* (BAW-cheh), one of the Italians' favorite pastimes.

HOW TO PLAY BOCCIE

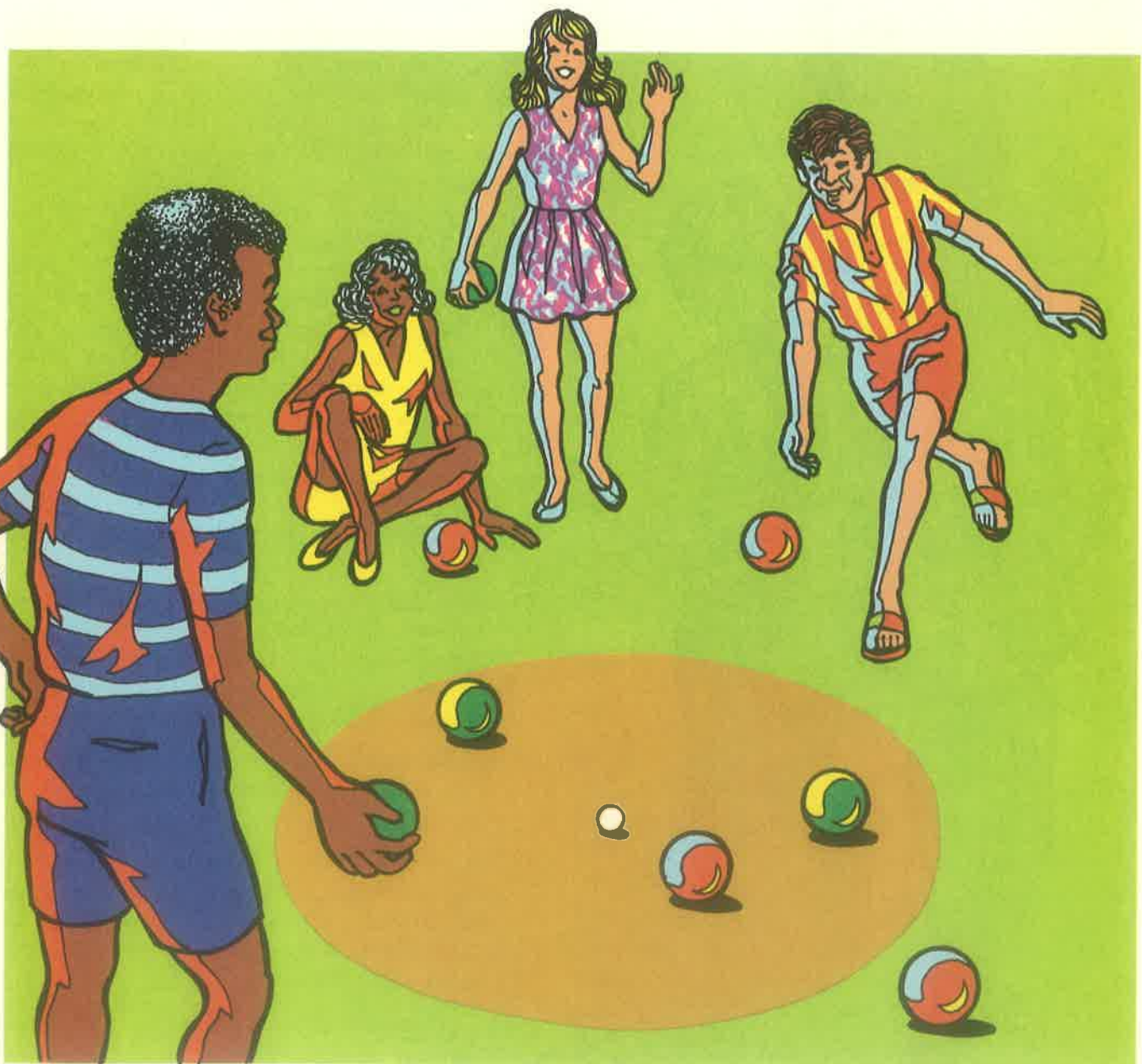
Bocce is the game from which bowling originated. In Italy it is played on a precisely built hard-packed court. But a smooth lawn or play area will do.

Two persons or teams can play. Each side needs

four bocce balls of the same color (croquet balls may be used). One smaller ball, possibly a golf ball, is also needed for a *pallina* (pah-LEE-nah).

The starting player, chosen by the toss of a coin, bowls the *pallina* to any length he pleases. Each player then tries to bowl his balls as close to the *pallina* as possible. The starting player bowls one ball first. Each player in turn bowls until he has come closer or used all of his balls. Those with remaining balls keep playing.

The player whose balls have rolled closer to the *pallina* than any others scores one point for each, or eight points if all four balls are closer. The first side to make 21 points wins.





Holiday in Italy

Italians celebrate holidays and church feast days with gay colorful festivals. On *festa* (FEH-stah) days, happy people crowd the streets eating roasted chestnuts, candies, fancy cakes, cookies, pastries, rich ice cream and *gelati* (gel-AH-tee) or ices bought from street vendors.

Children in the city of Florence especially look forward to the Festival of the Cricket, held on Ascension Day, 40 days after Easter. Families picnic in the Cascine Public Gardens where vendors sell ices, soft drinks, sweets, balloons and crickets in little wicker cages. Each child must have his caged cricket, a symbol of spring. If the cricket still sings when carried home, it is considered a sign of good luck.

MORE THINGS TO DO

- Plan a trip to Italy. What places would you most want to visit?
- Learn about famous Italian artists. Display pictures of their paintings or sculptures. Find out what is being done to protect these great art treasures from such threats as air pollution or floods.
- Draw a map of the Roman Empire as it existed at the time of Christ. What modern countries were once under Roman control?
- List all of the words you can give that have entered our language from Italy (cathedral, urban, veto, capitol, plus thousands more). Some of these words have a fascinating history. What can you learn about them?
- Listen to the music and learn the story of a famous Italian opera.

JAPAN



In the years since World War II, a remarkable exchange of culture has taken place between Japan and the Western World. In Japan, young and old have adopted our style of dress for most occasions. Western ideas of equality have changed the status of women. Western influence on business and industry can be seen everywhere.

And in America, Japanese simplicity—the art of understatement—is reflected in outstanding functional architecture, landscaping, home furnishings, flower arranging and other arts. Now, the increasing popularity of the hibachi brings the Japanese way to the American kitchen, too.

The Land and Its People

Japan, with its green wooded mountains, lovely small lakes and rushing streams and waterfalls, is one of the most beautiful countries in the world. It is composed of a chain of islands, the four main ones being Hokkaido, Honshu, Shikoku and Kyushu. Honshu, the largest, contains many of the main cities, including the capital, Tokyo.



More than two-thirds of the country is mountainous, thickly wooded with evergreens in the north and bamboo in the south. Near the sea, the valleys broaden into coastal plains. Most of these are narrow and small, but people live on them and either farm the tiny plots or work in nearby cities.

Surrounded by scenic beauty, the people of Japan have made a love of nature their religion and way of

life. Their homes, their art, the way they eat, even their association with each other must be serene and beautiful, in perfect harmony with the universe. Japanese culture evolved over many centuries when the people had little or no contact with other countries. It emphasizes simplicity in homes and furnishings, rigid rules of conduct, a keen appreciation of beauty in all things, high regard for learning, close family ties and respect for older people.

Since World War II, the country has developed a highly industrial, thoroughly modern economy and many of the old ways are changing.

AGRICULTURE AND FOOD PRODUCTION

Only 16 percent of Japan's total area can be used for farming. Rice is produced on two-thirds of the cultivated land, but vegetables, wheat, barley, rye, tea, tobacco and fruits are also important crops. Soybeans are the principal vegetable and oranges the largest fruit crop.

Japan's greatest food resource is its abundance of fish—herring, salmon, mackerel, bream, sole, sardines, cod, bonito and many others. Whaling, crab fishing, shrimping and raising oysters are profitable branches of the fishing industry. In all, the Japanese harvest more fish each year than any other nation. Not only is fish a staple of the Japanese diet, but large quantities are canned and frozen for export.

Seaweed is abundant in the waters around Japan and has been a favorite food since ancient times. It is exported in various forms to specialty markets in our own and other countries.

Japanese Way with Food

To the Japanese, food must please the eye as well as the palate. Meat, fish and vegetables are cut uniformly and precisely into bite-size pieces, then arranged on separate dishes and trays in neat, parallel lines. Each dish is a work of art, a harmony of color, texture and perfect symmetry.

A first rule of Japanese cookery is to develop the flavor while preserving the individuality of each ingredient. It is not the Japanese practice to blend flavors, as the Chinese do, but rather to combine them.

Most Japanese dishes require long preparation, but a minimum of cooking—an adaptation over many centuries to an ever-present shortage of fuel. Vegetables, for example, are thinly sliced or shredded, then cooked in minutes to a tender-crisp stage. Some meats and fish are meticulously cut to be eaten raw with a sauce. Few foods are baked or roasted. Instead they are boiled, broiled, steamed or fried and often cooked at the table over an hibachi.

FAVORITE FOODS

Fish and rice are the principal foods in both rural and urban areas. Soybeans are also important and appear in many forms. Among them are *tofu* (toh-who) or bean curd, used for soups and stews; *natto* (nah-toh), steamed or fermented beans, and *miso* (mee-so) or bean paste. Still another form of soy-



bean is *shoyu* (show-you) or soy sauce, a familiar seasoning in our country, too.

Favorite vegetables include pickled radishes, white carrots, salted cabbage, dried mushrooms and sweet and white potatoes. Long rice called for in some recipes is not rice but noodles made with bean or yam paste.

Some of the most popular Japanese dishes are *kabayaki* (kah-bah-yah-kee)—split eels cooked in soy sauce and wine; *tempura* (tem-per-ah)—deep-fried shrimp, fish and vegetables; *sukiyaki* (skee-yah-kee)—a stew-like combination of vegetables, thin-sliced beef and tofu, and *teriyaki* (teh-ree-yah-kee)—fish marinated in soy sauce and broiled.

Green tea and rice are served at every meal, and on festive occasions there may be a jug of sake (sah-keh) wine, too, served hot.

Foods are most commonly flavored with soy sauce; *dashi* (dah-shee)—a light, clear fish stock; miso paste and *aji-no-moto*—monosodium glutamate. Families that can afford it use sesame oil for cooking.

JAPANESE MEALS

Mealtime in Japan is courteous and serene, a ceremony of ancient ritual. Everything about the preparation, serving and eating of meals is rigidly prescribed.

Japanese prefer light, simple meals, three times a day, with many snacks in between. Although Western foods are widely served, traditional foods are still favored. In a typical day, these might include: rice and tea with each meal, along with miso soup for breakfast, vegetables for lunch, and a dinner of clear soup, fish or a main dish like *sukiyaki*, and pickled vegetables. Desserts are not popular in Japan and when served are neither sweet nor rich.

Traditionally, meals and ceremonial teas are served on low wooden tables. Diners sit on cushions or the mat-covered floor, with their legs tucked under them. With the change to more Western ways, some families now use higher tables and no longer sit on the floor.

The Japanese pay more attention to tableware than any other people in the world. They do not use matched sets, as is our custom. Each serving dish is carefully chosen to enhance the food it contains. Soup is always served in covered lacquered bowls. Chopsticks are used for eating, as well as for stirring and serving most foods. Different dishes are required for family dining, entertaining and ceremonies. Not surprisingly, the average Japanese family's investment in tableware is proportionately the world's highest.

The Daily Four



JAPANESE STYLE

1 MILK GROUP

Milk is rarely included in the Japanese diet. Fish, softened fish bones, soybeans in many forms and a wide variety of other vegetables supply most of the calcium in the diet.

2 MEAT GROUP

Fish and shellfish, both raw and cooked, provide a large part of the protein in the national diet. Some beef, poultry and eggs are used by those who can afford them. Soybeans—called the “fish of the field” by the Buddhists—provide a valuable and inexpensive source of protein and B vitamins.

3 VEGETABLE-FRUIT GROUP

The variety and quantity of vegetables and fruits eaten by most Japanese provide adequate amounts of vitamins A and C. Their many green vegetables are important sources of iron and other minerals. Some vegetables and fruits popular in Japan are similar to those in our country. Others are distinctively Japanese.

Japanese cook vegetables with little or no liquid and in the shortest time possible. Thus the vegetables, still slightly crisp, retain their color, flavor and nutritive value.

4 BREAD-CEREAL GROUP

To the Japanese, rice is the staff of life. Various kinds of noodles are also widely used for meals and snacks. Younger Japanese and those who have traveled abroad may eat bread and other cereals.





Let's Cook a Japanese Meal

FAMILY FOOD . . . Katei Ryori (Kat-ay Ree-or-ee)

As you are about to see, Japanese food cooks very quickly, but may take hours to prepare! Give yourself plenty of time to slice and arrange the ingredients for the sukiyaki. Prepare the pickled vegetables several hours ahead. For the soup, use bouillon cubes or canned broth, to which may be added minced parsley, chives or green onions, or bits of chicken or fish. If a dessert is desired, canned mandarin oranges or other fruit could be served.

Otsuyu (Oht-soo-you)
Clear Soup

Sukiyaki (Skee-yah-kee)
Beef with Vegetables

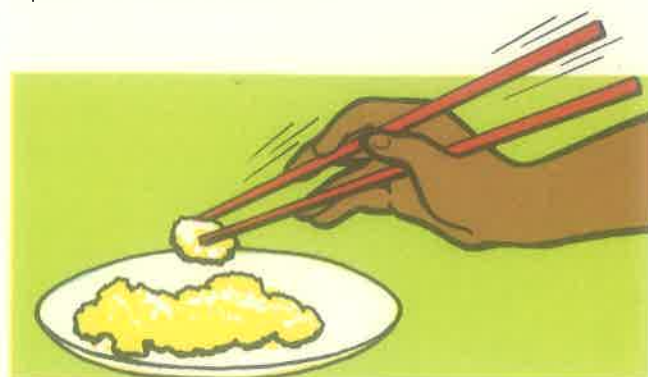
Goma Zu (Goh-mah Zoo)
Pickled Vegetables

Gohan (Go-han)
Fluffy Boiled Rice

Ocha (Oh-chah)
Green Tea

DO AS THE JAPANESE . . .

Wouldn't it be fun to sit on cushions and eat low to the floor in the Japanese manner? To make it more authentic, use chopsticks (available at Oriental restaurants and specialty shops). Here's how: Place one stick in the V formed by thumb and first finger and press it against the end of the third finger. This chopstick remains stationary. Place the second chopstick between the thumb and first finger and move it with the tip of the second finger to open and close over a piece of food. Good luck!



SUKIYAKI

Beef with Vegetables (Serves 4)

Japanese usually cook this dish at the table. An electric skillet (with control set at 325F), chafing dish or hibachi can be used. If these are not available, cook in a large heavy skillet on top of the range.

- 1 pound lean tender sirloin, round or chuck steak
- 1 package (10 ounces) frozen spinach
- 1 can (4 ounces) sliced mushrooms, drained
- 2 medium-sized onions, cut in eighths and then thinly sliced
- 1 bunch green onions, cut in 1-inch pieces
- 4 stalks celery, cut in 1/4-inch diagonal slices
- 1 can (8 ounces) bamboo shoots, drained and thinly sliced*
- 1 fresh soybean cake (3 inches square) cut in 1/2-inch cubes*
- 2 tablespoons sugar 3 or 4 small pieces beef suet
- 1 beef bouillon cube 1/2 cup soy sauce
- 1/2 cup hot water 3 cups hot cooked rice

*May be omitted.

1. Freeze beef slightly until firm but not solid. With a sharp knife, cut into very thin strips about 1 to 1 1/2 inches wide. Trim off any fat or gristle. Then cut strips across the grain into 1/8-inch pieces. Carefully lay all pieces at one end of a tray. Cover and refrigerate.
2. Defrost unopened package of spinach in cold water. If water leaks into the package, drain spinach thoroughly.
3. Prepare the vegetables and arrange attractively in separate rows on the tray. Use additional trays, if necessary.
4. Combine sugar, bouillon cube and hot water and stir to dissolve. If you plan to cook this dish at the dining table, pour mixture into an attractive bowl. Place soy sauce in another bowl.
5. In a skillet or chafing dish, heat suet and fry meat until brown.
6. Add mushrooms, onion and celery. Cover and cook about 3 minutes.
7. Add bamboo shoots and sugar solution. Cover and cook about 3 minutes.
8. Add spinach, soybean cake and soy sauce just before serving.
9. Serve immediately over hot rice.

Other vegetables that may be used in place of or in addition to those listed are carrots, green beans, water chestnuts, green pepper and snow peas.

GOHAN

Fluffy Boiled Rice (Makes about 3 cups)

- 1 cup rice
- 2 1/2 cups cold water
- 1/2 teaspoon salt

1. Place rice in a heavy, deep saucepan with a tight-fitting lid. Add water and salt.
2. Place over high heat and bring quickly to a full boil.
3. Reduce heat to lowest setting and let rice simmer about 25 minutes.
4. Turn off heat and let rice stand 5 minutes or longer. Never remove cover until time to serve.

To use precooked rice, follow directions on the package.

GOMA ZU

Pickled Vegetables (Serves 4)

- 1 tablespoon sesame seeds 1/2 cup white vinegar
- 1 tablespoon sugar 1 medium-sized cucumber
- 1/4 teaspoon salt 2 carrots or white radishes
- 1 teaspoon cornstarch 1 large stalk celery
- 2 tablespoons water

1. Preheat oven to 350F (moderate). Spread sesame seeds on small baking pan and toast for 5 minutes.
2. Blend sugar, salt, cornstarch and water in a small saucepan. Blend in vinegar.
3. Stir constantly and simmer until thick (about 5 minutes). Add sesame seeds. Cool.
4. Strain liquid through a double thickness of cheesecloth.
5. Peel cucumbers and carrots or radishes. Cut in thin crosswise slices. Sprinkle with salt. Chop celery fine.
6. Combine vegetables with vinegar mixture. Refrigerate several hours. Serve chilled in small porcelain or pottery dishes.

For variety, other fresh vegetables or raw, cooked or canned fish may also be pickled.

OCHA

Green Tea

Place a scant teaspoon of green tea directly into the teapot for each cup to be made. Add freshly boiling water. Allow to stand a moment, then swirl gently to dampen all the leaves and pour immediately into cups. To preserve the fragrance of the tea, do not add more water until more tea is desired.



Share a Custom...

Tea ceremonies are so important a part of Japanese tradition that tea houses, in picturesque settings, dot the countryside. Some families have a teahouse in their gardens.

At a formal tea ceremony, guests (no more than five) are served a simple meal called *kaiseki* (kay-eesh-kee) and cakes. After eating, they leave the tea room for a short time. Upon their return they are served a thick, dark green tea, *koicha* (koh-ee-chah). Finally, a thin tea, *usucha* (oos-chah), is served with cake.

Perhaps your group can obtain instructions for a simple tea ceremony from a Japanese family or the Japanese consul in your area.

Holiday in Japan

The Doll Festival, or *Hina Matsuri* (Hee-nah Maht-soo-ree), on March 3 is an exciting day for all Japanese girls. Prior to this day, homes, special doll stores and department stores set up elaborate displays of *ningyo* (neen-yoh) or dolls dressed in ancient costumes. In the home, treasured dolls, many of them family heirlooms, are arranged on a tiered stand in a raised alcove. On the day of the festival, a special tea ceremony and a meal of rare delicacies is served in front of the alcove to honor the dolls.

A similar day for boys, May 5, is now called Children's Day, but traditional customs are still observed. Dolls are dressed to represent famous heroes of the past. Outside each home, tall poles support colorful paper carp, one for each male member of the family. The carp, considered to be the most spirited fish, symbolizes strength and endurance to the Japanese—qualities parents hope their sons will have.

MORE THINGS TO DO

- Learn the art of Japanese floral arranging, *ikebana*, and make a centerpiece for your meal. If there is a garden club in your area, see if any of its members have studied *ikebana*.
- Have fun with *origami*, making balls, birds with flapping wings and other objects out of folded paper.
- Try writing *haiku*—the form of Japanese poetry that contains exactly 17 syllables arranged on three lines.
- Dress dolls in traditional Japanese male and female costumes.
- Learn to count to ten in Japanese.

Choose a Country

Have you enjoyed your visits to Mexico . . . Germany . . . Italy . . . Scandinavia . . . and Japan? Here's your chance to sample the foods and traditions of a country of your own choosing. It might be a country from which your relatives or those of other 4-H members originated . . . or a land whose people settled your area . . . or whose food you especially like.

Whatever country you choose, see if you can find the answers to questions such as these:

- What are distinctive characteristics of the foods? How do foods and meals differ from ours?
- How do the people obtain needed nutrients?
- How have land and climate influenced the people, their food and customs?
- What role has history or religion played in food preferences?
- How has the country influenced our own foods and traditions?

To make your meetings most meaningful, call on the people in your community who can give you first-hand information about the country and its customs. Invite them to your meetings, ask their help. You'll find them very willing to share their heritage and experiences with you.

Now . . . to whet your interest as well as your appetite, here are more menus from all over the world. You'll notice that they represent quite different food preferences and eating customs. Yet all of the foods are delicious and the recipes should be fairly easy to find.

International Farewell

Hasta la vista . . . auf Wiedersehen . . . sayonara. In the words of Mexico, Germany and Japan, it's not "goodbye" but "till we meet again." Perhaps next year you would like to concentrate on one of the countries you've studied, or some other. Here are areas you might consider:

History	Art, culture
Form of government	and crafts
Climate	Music
Currency and money system	Sports
Language	National and
Industries	regional costumes
Education	Dating, courtship
Religions	and marriage customs

A FRENCH DINNER

Beef Bourguignon
Potato Souffle Parisian Green Peas
Tossed Green Salad
Rolls Butter
Chocolate Pots de Creme

A SWEDISH SUPPER

Swedish Meat Balls
Brown Beans Carrot Ring
Apple and Celery Salad
Rye Bread Butter
Cheese Cake

A SWISS FONDUE PARTY

Cheese Fondue
Bite-Size Chunks of French Bread
Bowl of Fresh Fruit

A MIDDLE EAST MEAL

Shish Kebabs
Pilaf
Yahni (A Green Bean Dish)
Syrian Bread
Fresh Fruit Cheese
Strong Coffee

AN INDONESIAN DINNER

Chicken Curry Rice
Chutney Relish Fresh Grated Coconut
Raisins Nuts Sweets
Tea

HAWAIIAN LUAU

Kamano Lomi Lomi (Salmon Appetizer)
Chicken Luau
Baked Sweet Potatoes Mango Chutney
Pineapple Baskets
Coffee Milk

AN AFRICAN DINNER

Jolof Rice Groundnut Bread
Lettuce and Tomato Salad
Sliced Pineapple Tea

